

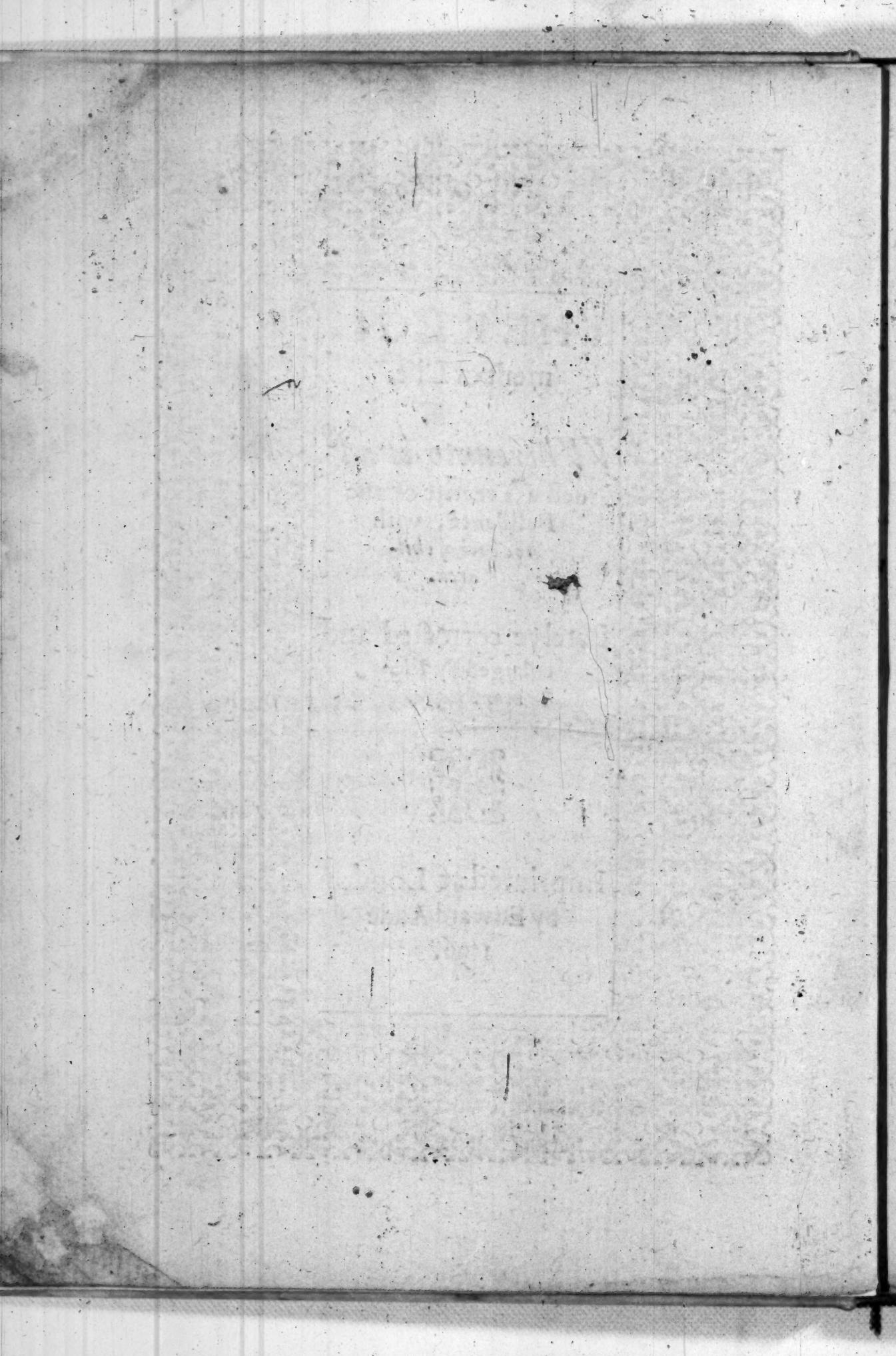
THE REGI-
ment of Life.

VVhereunto is ad-
ded a Treatise of the
Pestilence, with
the book of chil-
dren.

Latelye corrected and
enlarged by Tho-
mas Phayre.



Imprinted at London
by Edward Alde
1596.



The Preface to the booke of Children.



Lthough (as I doubt not) every good man will enter-
pret this worke to none other end, but to be for the com-
fort of them that are diseased, and will esteeme no lesse
of me, by whom they profit, than they wil be glad to re-
ceive the benefits. Yet forasmuch as it is impossible to a-
uoyde the teeth of malicious envy. I thought it not un-
necessarie to prevent the furies of some, which are ever gnawing and biting
upon them that further any godly sciences. To those I protest, that in all
my studies I never intended or yet doe intend to satisfie the mindes of any
such picke-faults (which will doe nothing but detract and iudge other,
snuffing at al such that offendeth the noses of their momish affections, bow-
sooner laudable it be otherwates:) But my purpose is here to do them good
that haue most need, that is to say, children: and to shew the remedies that
God hath created for the use of man, to distribute in English to them that
are unlearned, part of the treasure that is in other languages, to prouoke
them that are of better learning, to vicer their knowledge in such like at-
tempts: finally to declare that to the use of many, which ought not to bee
secret for lucre of a few: and to communicate the frutes of my labours, to
them that wil gently and thankfully receive the, which if any be so proude
or supercilions, that they immediatly wil despise. I shal friendly desire them
With the wordes of Horace: Quod si meliora nouisti, Candidus im-
parti, si non, his utere mecum. If they know better, let vs haue part: if
they doe not, why repine they at me? Why condemne they the thing that
they can not amende? Or if they can, why dissimule they their cunning?
How long would they haue the people ignorant? Why grutch they Pbisick
to come foorth in English? Would they haue no man to knowe but onely
they? Or what make they them selues? Marchauntes of our lynes and
deathes, that we should buie our healtch only of them, and at their prises?
no good Phisition is of that minde. For if Galen the Prince of this arte
being a Grecian wrote in the Greek: King Auicine of Arabia in the
speech of the Arabians: ff Plinius, Celsus, Serenus, and other of the
Latines wrote to the people in the latin tongue: Marsilius Ficinus (who
all men assent to be singularly learned) disdained not to write in the lan-

To the Reader.

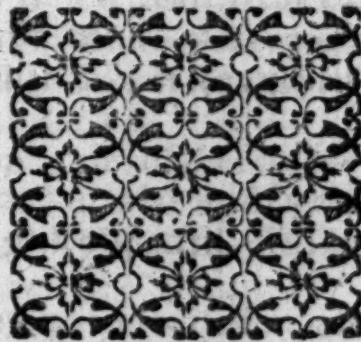
guage of Italy: generally if the intent of al that euer set forth any noble stn-
dy, haue beeene to be read, of as many as would: What reason is it, that we
shoulde hitherto muster here among a few, the thing that was made to bee
common unto all? Christ saith: No man lighteth a candle to couer it with
a bushel, but setteth it to serue euerie mans neede: And these goe about,
not only to couer it when it is lighted, but to quench it afore it be kindled
(if they might by malice) which as it is a detestable thing in any godly
science: so me thinketh in this so necessary an arte, it is exceeding damna-
ble and deuelish, to debarre the fruition of so inestimable benefites, whiche
our heauenly father hath prepared for our comfort and innumerabla uses,
wherewith he hath armed our impotent nature, against the assaultes of
so many sicknesses: whereby his infinite mercy and abundant goodnesse
is in nothing else more apparantly confessed: by the whiche benefites, as it
were with most sensible arguments, spoken out of heauen, he constraineth
vs to thinke upon our owne weaknesse, and to knowledge, that in all fleshe
is nothing but miserie, sicknes, sorowes, sinne, affliction and death, no nor
somuch strength as by our own power, to relieue one member of our bodies
diseased. As for the knowledge of medicines, comfort of hearbes, mayntain-
naunce of health, prosperity and life, they bee his benefites, and proceede of
him, to the end that we shoulde in common, helpe one an other, and soliue to-
gether in his lawes and commaundements: in the whiche doing wee shall
declare our selues to haue worthily employed them, and as fruitfull ser-
wantes, be liberally rewarded. Other wise, undoubtedly the talent whiche
we haue hidden shall be digged vp, and destrubuted to them that shall bee
more diligent: a terrible confusion afor so high a iustice, and as such a
court, where no wager of law shall be taken, no proctour hymited to defend
the cause, none exception allowed to reprove the witnes, no councell ad-
mitted to qualifie the gloses, the very bare text shall bee there alleadged.
Cur non posuisti talentum in fenus? Why hast not thou bestowed my
talent to the vantage? These and such other examples haue enforced mee
being oftentimes exercised in the study of Phisicke, to derive out of the
purest fountaines of the same facultie, such wholsome remedies, as are most
appraued, to the consolation of them that are afflicted, as farre as God hath
giuen me understanding to perceiue, following therein not onely the fa-
mous and excellent authours of antiquity, but also the men of high lea-
ning now of our daies, as Monardus, Fuchsius, Ruelius, Mula Cam-
pegnus, Sebastian of Austricke, Otho Brunfelsius, Leoncius, &c.

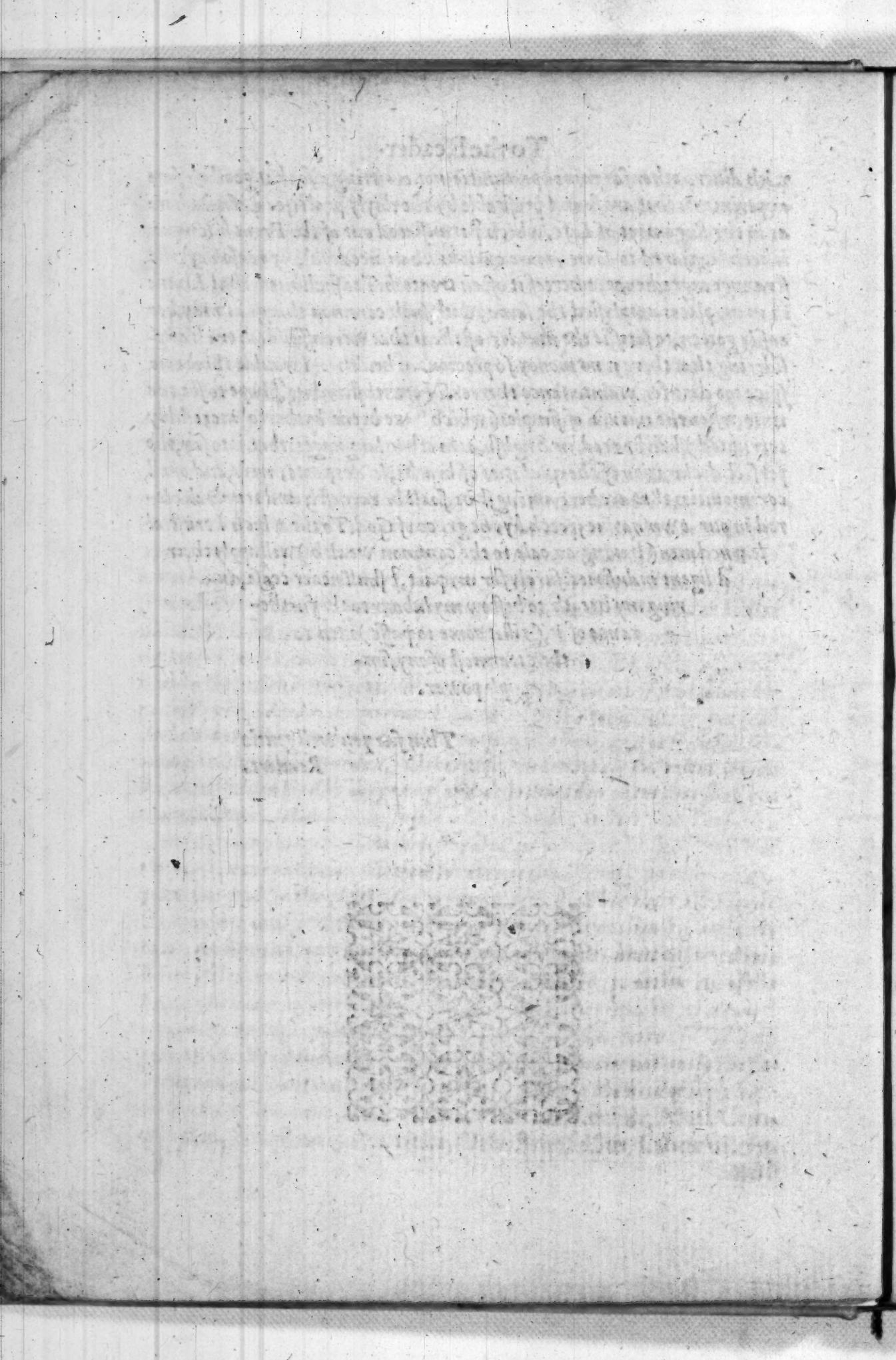
with

To the Reader.

with divers other for mine oportunitie, not omitting also that good & sure experiments that are found profitable by the dayly practise. And where as in the Regement of Life, which I translated out of the French tongue, it hath appeared to some, more curious than needeth, by reason of the straunge ingredience, whereof it often treateth. Yee shall know that I haue in many places amplifid the same, with such common things as may bee easily gotten, to satisfie the mindes of them that were offended: or els considering that there is no money so precious as health: I woulde thinke no spice too dere for maintenance thereof. Norwithstanding I hope to see the time, when the nature of simples (which haue beene bytherto incrediblly corrupted) shall be read in English, as in other languages: that is to say, the perfect declaration of the qualities of hearbs, seedes, roots, trees, and of all conomodities that are here amongst vs, shall be earnestly and truely declared in our owne native speech by the grace of God. To the which I trust al learned men (haing a zeale to the common wealth) will apply their diligent industrie: surely for my part, I shall nener cease, durring my breath, to bestow my labour to the furtherance of it, (till it come to passe) euен to the uttermost of my simple power.

Thus far you well gentle Readers.





Heere beginneth the Regiment of Lyfe, and first of the nature of mans body.

The humours, which bee in nature and how
they are deuided.



The body of man is compakte of four humours, that is to say, blood, Fleume, Choler, and Melancholy, which humours are called the sonnes of the Elements because they be complezioned like the four Elements. For like as the ayre is hot and moist: so is the blood hot and moist. And as fire is hot and dry: so is choler hot & dry: And as water is cold & moist: so is fleume colde and moiste. And as earth is cold and dry: so melancholy is colde and dry. Whereby it appeareth, that there be nine complexions. Whereof iiii. be simple, that is to wit, hot, colde, moist, and dry, and iiij. complexions compound: that is, Hot and moist, which is the complexion of the ayre and of blond: Hot and dry, which is the complexion of the fier, and of choler: Colde and moist, which is the complexion of the water, and of fleume: and Cold & dry, that is the complexion of earth and of melancholy. The ninth complexion is temperate, neither so hot nor so cold, nor so moist, nor so dry, which is yet a thinge verie seldom seene among men after the phisitions: the said four humours governe and rule every one in his place, and enduce men to be of the complexions following.

The complexions of the Fleumatike.

F leume, enclineth a man to be well fourmed, A sleaper, Dull
of understanding, Full of spattell, Full of colour.

The complexions of the Sanguine.

B loud causeth one to be full of flesh, Liberall, Amiable, Curte-
ous, Merry, Inuentive, Holde, Lecherous. Of red colour.

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The complexions of the Cholerike.

Choler causeth a man to be hasty, Enuious, Covetous, Hub-
till, Cruel, A watcher, Prodigal, Leane and of yellow colour.

The complexions of the Melancholike.

Melancholie maketh one solitarie, soft spirited, fearfull, hea-
vy, curius, enuious, covetous, blacke of colour.

These be the four humours wherof the bodies are compoun-
ded, and euerie one of them hath a speciall dominion in respecte of
all the other, according to the age, that is to say, from a mans nati-
vity, till hee come to xxv. yeares, the bloud hath most power, and
from that time to the yeare of his age xxxv. reygneth the choler,
soz then commeth heate into the vaines, and the choler beginneth
to arise and be stonge. Then commeth middell age, and bringeth
forth melancholy, an humour colde and dry, and hath his indu-
rance till fiftie yeeres, or there about: at which time all the hu-
mours beginne to diminish, and the naturall heate by little and
little doth abate. And then succeedeth olde age unto death, in the
which age Phlegme hath the principall power and dominion.
Wherfore it shall be necessarie soz all that be of that age to com-
forte their bodies with some naturall heate, and meates of good
nourishing, as volkes of egges potched, good and young

fleshe, Wheate breade, and good Wine, and all

such thinges as engender a good bloud

and spirits, whereof we intend (by

the sufferance of God) to de-

clare the moze aboun-

dantly hereafter.

(. .)

Here

¶ Here followeth the discription of
innyard and outward diseases, with the
most wholsome and expert remedies for
*the cure thereof appropriate to every
member throughout the body.*

The first Chapter, of the sicknes and
remedies of the head.

HEADACHE chaunceth oftentimes of diners and sundry cau-
ses, as of bloud cholere, feare, or melancholy, or of vento-
ritis, and sometimes of heat of the sun, or of to great colde of the
ayre.

¶ Yee may knowe head ache when it commeth of bloud, for in
the face and eyes there appeareth a darke rednes, pricking,
and heauines with heat.

Remedy.

Yee must let him bloud on the head veyne, on that syde that
the paine is on, then lay vpon the place oyle of Roseys, Wine-
ger, and rose water, or a bag with Roseys, sprinchled with rose-
water. And here is to be noted, as well in this cause as al other,
that if his vblie be hard and bound, first yee must giue him an
easte glister, or els halse an ounce of cassia newly drawne out
of the cane, or some other easye laxatiue to prouoke the duety
of the wombe, else all applications of medicines, will bee no-
thing worth at all.

One may knowe head ache that procedeth of choler, when
in the face there is a cleare rednes, inclining somewhat toward
yellow, holownes of the eyes, and the mouth dry and hot: and
sometimes bitternes, smal rest, great heate, with sharp paine,
chiefly on the right syde of the head.

Remedy.

Yee must giue him moone and euen to drinke, sirrup of bis-
lets or Pomegranates, with a meane draught of Endive wa-
ter in a glasse, or of Cummin water sodden and cooled againe.

¶

And

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And in stead of these sirrups yet may drinke water of endive, succory, purslane, and Nenuphar mungled together, or one of them by themselves, two or three dayes at euening & morning. Then give a dramme of Pillule sine quibus, at night to bedward, or about midnight and the day following keape you in your chamber. In stede of those pilles, it is good every morning to take an houre afte sunne, a medicine to drinke, that shall be made of halfe an ounce of Succo rosarum, mixt with two ounces of water of Endive. In stede of the said Succo rosarum, ye may take halfe an ounce Diaprunis laxatiue, and ye must take heed in giuing such purgations, that the pacient bee strog, for if he be weak, ye may giue him but the half of the said pilles or of the other laxatiues. And if in diminishing the quantitie of the said medicines, it worketh not with the pacient as it shoulde, it is conuenient to giue him a common Glistre.

An other remedy for the same paine.

Ye must lay thereon a linnen cloth moysted in Rose waſter, Plantaine waſter, Horrell waſter, and vineger: or els take the iuce of Lettuce and Roses, and a little vineger, and warme it together, and dip therin a linnen cloth, and lay it to the pain.

Another.

Ye must take the whites of two eggs with Rosewater, and beate it well together, & with towe or flaxe, lay it to the grecued place. Also ye must ſhaue his heade, and milke theron Womans milke, that nourisheth a wench: or wash his head with warme water, wherin haue been ſod Wine leaues, Sage, flowres of water Lillies and Roses. Also it is necessarie to washe his face and legges with the ſaide water, ſo that the pacient haue no reum: for if there be reumatike matters, ye ought neithir to ſhaue his heade, washe his legges, nor to lay any colde thing or moyſt to his head. Ye may know that flemme is cause of the pain in the head, when ye ſeele coldnes with great heauynesse: ſpecially in the hinder part: when one ſpittheth often, and hath his face like ſunne brent.

Remedy.

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Remedy.

Ye must dring ij. or liij. mornings sirrup of Sticado^s, wryth water of Fenell, or sirrup of Wormwood, with a decoction of Sage and Paizam. Then yee must purge the heade from the said fleume, with Pillule cochie, and with pilles of agarici. or Pillule auree made with one of the said scrups, true in a dram and take itij. or vi. at night to bedwards, or about midnight. Or in stede of those pilles yee may take a potion in the morning v. houres afore meate, made of halfe an ounce of Diacartamy dissolved in ij. or iiij. ounces of Betony. After that yee ought to comfort the heade, by wearing a coife, made of double linnen cloth, and sowed like a cotten quilt, wherein ye must put floweres of camomil, Paizam, Cloues, Nutmigs, Naces, graines of Paradise and Sinamom in powder; for such thinges digest the fleume, so that the purgation be givien of the said pilles A sigareth or pilles of Hierapicra, which are not so laxitive as other are. After the said purgation, yee must put in the nose of the pacient, pouder of Pelitory of Spaine or other, to make him neese. Also it is good to gargarise his mouth, with water wherin sage hath beeene sodden, and then to anoint his head wryth syle of Lillies, Camomil, or of Rew.

Beside this, it is good to giue the pacient every morning to drinke sage wine with water, to consume the fleums, and to comfort the brain & the sinewes. The said wine is thus made.

Put a little bagfull of good Sage bruised, in a quart of new wine, and let it stande so a night, then wring it out, and use it. Such wine of Sage the inhabitors of Paris and Fraunce, use to drinke after haruest all the winter long. When paine of the head proceedeth of melancholie, the pacient feeleth heauynesse of the head, & hath terrible dreams, with greate care and thought or feare, & his paine is especially vpon the left side.

Remedy.

Take sirrup of Borage, Harts tongue or fumitory, wth water of Buglos, & Harts tongue, or wth the decoction of sage or Lime for by these sirrups yee shall digest & correct the said melancholie humours, and within a while the paine wil bee released.

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And if it cease not for these medicines, after yee haue vsed two or thre dayes one of the said stirrups, or y. or ij of the togerher, take a dramme of pilles halfe Aurec and halfe sene quibus: or els halfe of Hierac and halfe of pilles of Fumitory: or iii steed of pilles, ye maye take in the morning fve houres afors meate. iiij drammes and a halfe of Dialene tempered in water of Borage or hoppes, or in the decoction of Sage, Likorice, great Keylins, and cordiall flowers and fruities. Heade ache commeth of wind, or ventositie, when the pacient thinketh that he heareth a sound or noyse in his head, and the paine is flittering from one place to an other, without heauiness or discending humours.

Remedy.

Lay vnto his head hot lianen clothes, and make a bagge of Gromel seedes and bay salt, dryed together in a panne. So procede with stronge thinges, if neede require, as in bagges made of Patozam, Rosemary, Rue, Barberies, and Juniper beries layd to the pained place: or with the decoction of the foresaide thinges, make fomentation or emerocation vpon the head.

An other Remedy.

Yee must take oyle of Camomill, oyle of Dyll or Lyllies, and annoiint the head with one of them, or with y or ij. or altogether. If that helpe not, take oyle of Rue, Spike, & of Caster, and annoiint it therewith: and adde thereto a little pepper, and Mustardsede, if ye would haue it soze chased or hotte. Also it is good to drawe vp by the nose, water of honny, the iuyce of matrami, and of Fenell, arematised with a Nutmigge and Lignum aloes.

Rasis, a great practioner among Phisitions saith, that who soever oftentimes putteth into his nose the iuyce of Patozam, shall never bee diseased in the head. I thinke he meaneth of the great Patozam.

If paine of the heade come of heate of the sunne, yee muste apply to the places diseased, as it is said in the remedies of choleric.

But if the said paine procede of colenes of the ayre, then vse it

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it as it is said afore in the remedies of s丈me.

Here followeth a Regiment against all diseases
of the heade.

The pacient that is diseased in the heade whether it bee of
bloud or of choler, may not drinke wine nor eat much flesh,
white meates, nor thinges that give any greate nourishment.
But muste bee contented to drinke Pritisan, Barley water, or
Julep of Roses, and to eate rosted apples, Damask e prunes,
Almond milke, hulled Barley, and Pottage made with Let-
tuce, Sorrel, Purslane, in broth of Peason, or with a Chicken,
or Veale if the pacient be feble.

When paine procedeth of a colde humour, the pacient ought
to drinke no wine in thre of the first daies, but to drinke onely
penny ale, or such small drinke, for although the wine be very
comfortable, as concerning naturall heate, yet it is contrary
and hurtfull unto the sp̄rites animall of the braine, and also
of the sinewes.

And the pacient ought what paine soever it bee of the heade,
to forbear al vaporous meates, as Garlike, Onions, Leekes,
Peas, Beans, Puts, Milke-meats, Spices, Mustard, great
Colewo:ts, salt meats, and meats of ill digestion. Also he must
abstaine from sleepe in the day, and after supper by the space of
two houres.

Tranayle of the minde is very contrary, bycause of the com-
motion that happeneth unto the lively sp̄rites, which are in-
strumentes of understanding: as Auicen that noble phisition
saith in the chapter De soda temporali. Nihil est adeo conueni-
ens suds temporali, sicut tranquilitas et dimissio totius quod
commouet sicut sunt fortes cogitationes, &c. There is no-
thing that is so conuenient for the Meigrime, as tranquilitie
and rest, and let all things passe that moue the vertue animal,
as great musings and all labour of the spirits. And chiefly one
ought after dinner to keepe him from all things that trouble the
memorie, as studying, reading, writing, and other like.

And soz the better vnderstanding of the sicknes chauncing

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In the head: ye shall know, that sometime it chaucesth bycause of other diseased members, as of the stomacke, or of the mother of the reunes, of the liver, or of the spleene, and not of any cause in the head it selse. Therefore yee ought to cure such sicknes by helping of the same members, as shall be shewed in the Chapters following.

And yee may know, that the head ache commeth of diseases of the stomacke, when the pacient hath great paine at the stomacke. Of the mother, when the woman feeleth great paine in her bellie. Of the reynes, when there is a greate paine in the backe. Of the spleene when he feeleth pain and heauynes there about vnder the left side. Of the luyer when the pain is on the right syde, about the liver, which is beneath the ribbes.

Remedies appropriate to the head, of what cause soever the paine be.

Take an handful of Betony, an handful of Camomile, and an handfull of Veruaine leaues pycked, stamp them and seeth them in blakke wortc, or in ale for lacke of it, and in the latter ende of the seething, put to it a little Comin brayed, the pouder of a Harts Horne, and the volkes of two Egs, and Saffron a little, stirre them well about, and lay a plaister hot ouer al his forehead and temples. This is an excellent remedy also for the Meigrime. It shal perce the better if ye adde a little Winger.

Another.

Take a plaister of beans flower, Lineseede, and oyle of Camomile, or in lacke of it, Gose grese, or Duckes grese, & rub the place with Aquauite, and after lay the playster hot vpon it.

Another.

Take a spoonful of Mustard seede and an other of Bay berries, make them in pouder, and stamp them with a handfull of earth worms split & scraped from their earth, and a littl oyls of Roses, or of camomile, or Capons grese, & lay it on the grees.

Also it is good to take the iuce of Juie leaues mixt with oyle and vineger, and to rub ther with your temples, and your nose trilles.

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trilles. Also the cheſt worms that are found between the barks of trees which wil turn themſelues together like a deade when they be touched, if they be taken and ſodden in oyle, it maketh a ſinguler ointment for the Peigrine.

The ſecond Chapter, how to cure diseaſes chauncing in the face.

Firſt as touching a diſeaſe called Gurtarolacea, or copperface in English, it is an exceſſive rednes about the noſe, or other places of the face, comming of brent humours or of ſalt fleume, which cannot be holpen, if it be rooted and olde.

Remedy for the ſame if it be cureable.

Ye must giue him a purgation, as is ſaide in the paine of the head, comming of the choler, then dip linnen clothes in Alum water, which ſhall be made thus. Take a pound of Alum glaffe, the iuce of Purcelane, of Plantain, & Veriuſe of grapes, or Crabs, of each a pinte and a halfe, with the whites of twenty eggs, and beate them well together with the ſaid iuice, then miſt all together, diſtill it in a common ſtilatoſy, and keepe the water for the uſe againſt all pymples, ſcurphes, wheales, chafings, and heates that chaunce in the ſkinne. The clothes dipt as is a boſe ſaid muſt bee layd to the rednes, and oftentimes reuiued with other fresh cloutes dipped in the ſame.

An other remedy.

Take Lyfarge of ſiluer, and Brimſtone, of each like much, and ſeech them in Roſewater and Wineger, and then wyth a linnen clout wet in the ſaid wineger, lay it to the ſore.

Remedy to pallify the coppred face that is vncurable.

Make a bath with the flowers of ramonit, Violets, Roſes, Mand flower of water Lillies, then anoint the place wyth Vnguentum album, Campherarum, and miſe that oyntment with a little yellow brimſtone and quickſiluer, killeſd with ſalting ſpitſe, and anoint the place withall.

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A water of the same.

A water called Lac Virginis is very good, and Rosewater mixt with Sulphur, oyle of Tartare, & oyle of Wheate. Also these thinges are good for Tetteres, and other ruggednes of the skin. The said Lac virginis clarifieth the face, and dryeth vp moiste pimples, and taketh away freckles of the visage, and is thus made. Take ij.ounces of Litarge of Silver fine poudred, halfe a pinte of good white vineger, mire them together and distill them by filtrre, or through a little bagge, or by a peice of cloth. Then take of the same water, and mingle it with water of salt made with one ounce of salt poudred, and halfe a pound of rain water, or well water, and mingle these waters together, and it wil be white like milke, and with this rub the corrupt place. Some adde a little Ceruse with the Litarge, which is good for all rednes of the face.

Here followeth a generall dyet for all copperous faces.

Abstain from all salt thinges, spiced, fried meats, and rosted meates. Also from drinking of wine. For it is very euill. Also Onions, Mustard, and Garlike, are verie naught. In stead of which, ye must take Purslane, Sorrell, Lettuce, Hops and Borage, with Succory or Endive, in porrage, or otherwise. Also it is necessary to bee laxative, and in sleeping to lay your head hye.

For rednes of the face that is not copperosed.

Take a pinte of Goates milke, the crummes of one white lofe hott, the white of sixe Egges, Canisere two drams and the iuste of sixe Citrons: mire al these togither with the said Milke, then take all the three kindes of Plantain, and put the in the stil vnder the said drugges, and after it an other bed of the same ij. sootes of Plantain, and distill them with an easie fire as ye would distill Rosewater, and keepe it in a glasse vessell. And after tv dages take a white linnen cloth, and dyppe it in the said water, and lay it to the rednes.

Another for the same.

Water of Lillies distilled, with the blood of an Ore, and a little

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The Camphere is very good.

For chopped or scabbed lippes.

Anoint them with Vnguentum album camphoratum, and if ther be any corrupt bloud or matter, yee must wash the place with water of Plantaine, wherein hath beene sod a little Alum, afore yee put on the said oyntment.

For the same.

Vnguentum de cutia and oyle of yolkes of egges, bee very good for it. Also it is good to washe the place with Plantayne water, and barley water together.

For cankers, vlcers, and Noli me tangere.

For as much as Noli me tangere chanceth often in the nose, or about the face, beginning of a little hard and round ker-nell or knob, and ful of paine, declining toward a pale and leavy colour, yee may judge that disease very perilous, notwithstanding it is good to anoint it as hereafter followeth, and also to apply thereto other remedies, as thus:

Take Vnguentum album two or threounces, the iuce of Plantayne and night shade, of eche halse an ounce, Tuttie the weight of halse a crowne, mingle them together, and make an oyntment which is good for the same disease.

For wormes in the face

Although that woormes in the face may not bee had out, but with great difficulty: and by long processe, because of the cold humeur whereof they come, neuerthelesse, soasmuch as oftentimes they happen vnto poore folkes, here shalbe recited a receipt proued for the same disease, whiche is an oyntment of a singuler operation: and is thus made.

Take the leaues and rootes of Leekes, iuyce them altogether, and take thereof a pinte and a halse, and put it in a glasse with an ounce of pouder of Bellitory, and a scruple of verde-grece, and stirre them altogether, and every day bath the sayde wormes and wheales with cotton moysted in the said iuyce, and

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Stirre it oftē in the glasse: this is good also for wormes in any other members, and byeeding in the sicknesse called in Fraunce, the Kinges cuill.

A purgation which ye ought to take before the said bathing.
Take half a dramme of good Turbith and a scruple of Ginger, halfe an ounce of Suger, and a little white Wine, mirt together, & drinke it in the morning twise a weeke warm, and renue it every three a weeke.

For an ulcered face through wormes.

Ye must first mundifie the dead fleshe with Vnguentum Egypciacum, or the powder called Precipitatus, and for the perfect curation, ye must dry it well, wherefore it is good to wash the place often with Alum water, and put therein linte, and if there be great moistnes at the time of dessication, ye must dip the same linte in Vnguentum Apostolorum or Cerascos with a little of the oyntment that followeth, which ye may safely apply from the beginning to the end of the cure, for it hath vertus to cleane and incarnate, with gentle mundification & drying.

A singuler oyntment for wormes that matter.

Take oyle of Lillies, oyle of Linsed ana,ounces three, oyle of Roses, oyle of Mirtilles, ana,ounces two, Litarge of golde and siluer and red leade, ana, one ounce, Diaquilon white with gummes iiiii.ounces, Goates tallow, Hogs gres, of eche two ounces and a halfe, blacke Pitch and Colophonic, of eche two ounces, of the iuice of Houndstong fourre ounces. Seeth them altogether till they be black, and the iuice be cleane consumed, then straine it through a thicks canuasse, and after seeth it againe till it bee exceeding blacke in colour, and then ad to it cleare turpentine, three ounces, Gum Oppopanax two ounces and an halfe, white Ware as much as shall suffice to make a playster not ouer hard, and put the Turpentine and Oppopanax in when ye take it from the fire. This is an excellent plaster also both for woundes and ulcers.

For the same.

It is verie good to lay upon them the herbe called Houndstong stamped with a littel hony.

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Regiment or dyet for the same sicknesse.

The pacient in all diseases of the face must endure hunger as much as is possible, and eate not much at once. Also he must hold his head upright, and sleepe not on his knees, nor elbowes nor with his face bowed downe. Also hee must forbearre much laughing, speaking, and great anger.

For the eyes.

Hereafter followeth diuers medicines for the eyes, which are the windowes of the minde, for both ioy and anger, and the mooste of our affection, are seene and openly knownen throught them, and they are ordained and made to lighten all the body, whereunto nature hath giuen brows and eye liddes, to defend them and keepe them in safety, and the better to resist thinges contrary and hurtfull vnto them.

Pet notwithstanding, beside many other chaunces, there happeneth sometimes a debilitie in the sight, which must bee holpen as hereafter followeth.

Take Fenell, Verueine, Celidone, Rue, Eie bright, and Roses, of every one of them a like much, and distil them as yee would distil Rosewater, and use a little thereof in your eyes, both in the morning, and when yee goe to bed.

A water proued to clarifie the dimnesse of the sight.

Take the iuice of Fenel, of Celidony, Rue and Eiebright, of each two ounces, Honey an ounce and a halfe, Aloes, Cuties and Harcocolle, of eche halfe an ounce, the gall of a Capon, Chicken, or Cocke, two drams: Nutwges, Clones, and Saffron, of eche a dram : Sugercandy six drammes, put all in a limbickie of glasse, and distill it. And of this water put in your eyes once in the day. And if he could get the lyuer of a he Goate, & mire with the said thinges in the distillation, that wa- ter will be of much greater vertue and almost without con- parison.

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For the same.

Yee must vse euerie day to eate Nutmigs, and to take once
in a weake, a Mirabolane condite.

For the same.

Take a Pie and burne her, and beat her to pouder, & myn-
gle it with Fenel water, and put it into your eyes. Also water
of yong Pyes killed, is very good. Likewise water of rotten
apples, put two or thre drops in the eies helpeth very much.

A singuler water for diseases in the eyes: and to clari-
fie the sight.

Take the greene Walnuts, huskes and all from the trē,
with a few Walnut leavnes, and distill thereof a water to drop
within your eyes.

Pilles good for the sight.

The pilles Sinc quibus, asswageth with frusciskes of Aga-
rike, and Pullule lucis, are excellent good to purge the braine,
and comfort the sight.

For paine of the eyes.

Sometimes paine of the eyes commeth of bloud, and then
the veynes of the eyēs are red and swollen, wherefore it is con-
uenient to be let bloud of the head veyne on the side where the
paine is.

For bloudshotten eyes.

The bloud of a Stockdoue, or in lacke of it an other Doone or
Pigion, dropped a little in the eye, and a wet clout thereof lay-
ed vpon the same, healeth bloudshotten eyes whether it bee of
Stroke, or any other cause.

Sometime the saide pain commeth of Choler, and then the
patient feleth great heat, sharp pricking, & much paine, & com-
monly ther appeareth no gum in the eyes, & if it do, it is yellow.
Therefore yee ought to giue him a purgation purging choler, as
hath

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hath been said in the remedies of the head, proceeding of the cause
of Choler.

For swelling of the eyes.

Take a Quince and seeth it in water till it bee softe, then
pare it and bruse it, and mixe it with the yolke of an Egge, and
the crummes of wheaten or white bread keepe in the said wa-
ter, and put thereto a little womans milke, and two penng
wright of Saffron, bray them all together, and lay it ouer the
forehead and eyes. Sometimes such paines chaunce because of
fleume, and then the pacient feeleth great heauines in his eies,
with abundance of gummy matter, or water descending into
the eyes. And in this case, ye must purge the fleume, as it hath
beene said in the remedy of the heade, grauen by the excesse of
fleume.

To resolve the gumme, ye shal vse to wash your eyes often-
times with the iuyce of Housleekke, otherwise called Sene-
groene.

And sometimes the same paine commeth because of vento-
sitie or wind, and then the pacient feeleth such paines, as if one
beat on his eare with a hammer: for which it is good to make a
decoration of Camomile flowers, Hellilot, and Fenell seede, in
water and white wine, and therein wet a fourre double linnen
cloth, and the licour well pressed out, lay it often vpon the eye.

Other whiles there chaunceth paine of the eyes because of
exterior thinges, as of winde, dust, or heate of the Sun, & then
it is meet to lay thereto womans milke, well beaten, with the
white of an Egge.

And sometime the said paine commeth by percussion or strik-
ing, and then ye must drop in the eye, of the bloud of a Pigeons
wing, or of a Partrige, which bloud hath like vertue to take a-
way spots, markes, and rednes of the eyes.

For very great paine of the eyes.

Take an ounce and an halfe of oyle of Roses, the yolke of
an Egge, and a quarter of an ounce of barley flower, and a lit-
tle

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te Saffron, mire all together, and put it betwene two linnen clothes, and lay it to the paine.

Another.

Take crummies of Wheaten bread or white, an ounce, and seeth it in Nightshade or Rose water, then mix with the said bread two volkes of eggs, oyle of Roses and Camomile, of eche an ounce and an halfe Muscilage, of Linseede an ounce, and vse it as is aforesaid.

Another.

Take sixe leaues of Henbane, and rost them, then beate them very well in the morning, and lay them to the paine.

For rednes of the eyes. In the beginning of the rednes lay upon the eyes towe, dipped in the white of eggs; but let the whites be well beaten first with Rose water, or with plantaines water.

Take red Roses and seeth them, and let them be set warm to your eye. This taketh away spottes of bloud, that sometime chanceth in the eyes. Also it is good for all diseases of the eyes. And it is good for rednes of the eyes that commeth by striking or any such violence. If at any time there happen a spot or blimish in the eye by a stroke, ye must lay to it by and by towe, wet in Rosewater, and in whites of eggs, and after that the paine be mitigate, ye must lay a plaister upon the eye made of a raw egge, Barly flour and the iuyce or muscilage of Mallows, and then if the eye be not holpen of the said bloud, ye must lay to it a plaister both dissolutive desensitie, and partly appeasing the paine, which must be made of wheate flower, the iuyce of Mallows, Mints and Smalage and the volke of an egge.

Ochardnes that hath beeene long in the eye. Take a scruple of Aloes succotrine, and melt it in water of Celedonic at the fire, then receive the sume of it, and afterward wash the eye with Fenell water.

Another.

Take the pouder of Commune mixt with waxe like a playfer and lay it vpon the eye.

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{An other.

Take Rose, Sage, Rue, Caledony, of ech a like muche, with a little salt, and distill a water, and put thereof a drop or two in your eye, euening and morning. In sties of that water, it is good to take juice of Verueine, Rue, and a little Rose wa-
ter.

For all rednes of the eies.

Take the bignesse of a Nut of white Coperose, and a scrupule of Veros, and pouder it, and mire it with a glasse full of wel water, then put two or thre drops in your eyes.

For the same.

Water of Strawberies made and put in the eie is good.

A singuler pouder that dryeth and taketh away the
rednes of the eies.

Take Turp preparate an ounce, and Timonic half an ounce,
Verles two drammes, red Coral a dram and an halfe, pou-
der all these thinges very fine, and keep them in a boare of tinne
and vse it.

For to stop watring of the eies.

Make a plaister of pouder of Mastike, fine Frankensence,
Bolearmoniak, & gum with Dragagance whits of egs
mirt altogether, and lay to the forehead and temples. Also it is
good to set ventoses on the nape of the necke. Also it is good to
make a collirie to put into the eies as followeth. Take Turp
preparat, and the stone called Lapis Hematites, of ech a dram:
Aleos halfe a dram, Verles and Camphore, of ech a Scruple,
pouder them all verie fine, and mire them in thre ounces of
water, distilled of the knops of Roses, and thereof make a col-
lirie.

Also for to stop all humours descending to the eyes: these
thinges aforesaid are very good mixt with raine water, wher-
in Olibanum or Frankensence hath bane sodden.

For Webbes of the eye.

It may bee easily holpen in younge felkes, but in aged per-
sons it is very hardes, And in the beginning, yee must
mollifie

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mollifie them with a decoction of the flowers of Cammonill, Melilote, and Coole leaues receiaing the sume of the said decoction within the eies, and then put therin a litle pouder made with Sugercandy, Salgemme, and ege shels brunt, and afterward distill into them womans milke with the decoction of Fennigreke.

An other singuler receipt for webbes in the eyes.

Take Drayles with the shelles on and washe them eight times, and distil them in a common stillatory, then take hares galles, red Corall, and Sugercandie, with the said water, distill them againe, and put euerie morning and euening a drop in your eye.

Another.

This water is made of white Copperose, Sugercandy, and Rose water, with whites of Egges that are sodden hard, and strained through a liinnen cloth, and put into your eye: after dinner, and all night to bedward.

Regiment for them that have any sore eyes.

Yee must alway keep your belly loose, and abstaine from fire, smoke, winde, dust, and ouer hot or colde ayre, and from weeping and long reading of a small letter, from ouer long watchinge, ouer muche drinking of wine, and eating late, for all these are verie noisome to the eyes and sight. Also all evaporatione thinges, as Dryons, Lukes, Garlike, Mustard, Pease, and Branes, are verie dangerous. Yee muste keepe your feete cleane and forbear the day sleep. Behold greene things, cleare water, precious stones: & to keepe you from long holding downe your face, succoureth the sight very much, and is verie good for yeyes. Likewise use meats of good and quicke digestion, as to eat Fenell often, and after meate, take Coriander Confites, prepared, and drinke not after them. But aboue all keepe away your hands, for the rubbing of them maketh them worse.

Remedy for all diseases of the eares.

Take oyle of Roses and a little vineger and put it into the eare, than make a bag of Camomil and Melilote, and lay it thereunto.

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For noise and sounding of the eares.

Take Pillule Co chie, or scide, bycause the sounde procedeth of ventosite or of flume: and before ye take the said pilles, it is good to drinke three ounces of Fenell water, two houres before meate, fourre or five daies. After the operation of the said pilles yee must dip a tent in oyle of Rue caltor, or of salte, with the iuice of leekes, and often in the morning fasting, to hold his eare ouer the warme decoction of Paiozam, Rue, wormwood, Camomil and Meliste.

For paine in the eares.

Goose grese with a little Honey swageth the paines of the eares.

Also the Chestwormes sodden in oyle of Roses vpon hot ashes in the rinde of a Pomgranate, and dropped in the eares.

Item oyle of Almondes, specially of the bitter Almondes hot,

Item if there be water in the eares it shalbe had out with a little Goose grese and the iuice of Onions.

Also earth wormes with Goose grese sodden, is good for paine in the eares.

Item an Adders hame sodden in wine, and the eare bathed in it, and a little thereof put into the paine, is good to take away the grief, and it helpeth also to the eares that are running with stinking matter and corruption: but in that case ye must haue boyled in the wine a little Mirre.

Regiment.

The pacient must eat and drinke little, and sweat in baths, or whote houses, and sometimes to prouoke reeling. He must forbear Garlike Onions, Leakes, Pease, Beanes, and Nuts nor drinke wine without water.

For deafnes.

Sometime there chauinceth deafnes by windz, which is in the eare, the which causeth tickling in the head, and then one

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must put a little Aloes in hot water, or in white wine, and distil into the eare. Then put a little Cuphorbium in pouder into his nose, to make him to neese and avoid as much humours as yee can. Sometime deafnes commeth of slem, which when it is olde, is uncureable. But when it beginneth, it must be purged as hath biene said in the remedy of the sound of the eakes. Then take pouder of Bayberies, and saeth it in oyle of Lillies, and put it warme into your eare, and a little black wolle to stop the eare with, that no ayre enter.

Remedy for stinging of the nose.

Take Cloues, Ginger, and Calamynte ech a like, and saeth them in white wine, and therewith wash thy nose. After put in pouder of Peretrum to prouoke you to neese. And if there be repletion of slem in the head, first yis muste purge it with pilles of Cochic, or of Hiera Picra. Also if the cause of stinking from the stomack come, first help the stomack, as shal be said hereafter in the remedies of the stomacke.

Medicines for bleeding of the nose.

Take a dram of Bole armoniak washed, and mire it in rose water or Plantaine water, and drinke it. Then binde the extreame partes as hard as yee may, and after make a Tent of Greene nettles, and put it into his nose. Wherever it is good for the pacient to holde in his hande Egrimonie, with the roote and all, and drinke the iuyce of Knot grasse, and without doubt the bloud shall stauch anone.

For the same-

Set a boring glasse vpon his liner, if the bloud come from the right side, or on the splene if he bleed of the left side, and lay vnto the stones a good quantity of towe or linnen dipped in bisneger, and so a woman, lay it vpon her brestes.

Another singular medicine for to staunch bloud, and it is a thing expert of all the good practicioners.

Take swines boving, evyn as hot as ye can haue it from the swine, and when y^e haue cleased the congeled bloud out of the nose, wring it through a clout, & let the iuyce perce into th^e side,

from

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from whence the bloud commeth, and by the grace of God yee shall see it staunch anone. Moreouer it is good to bind the fete and armes as hard as can bee suffered with a cordes or a lace, the stronger they bee bound the better.

Remedy for the tooth ache.

Paine of the teeth (as Galen saith) amongst other paines that are not mortal, is the most cruell and greeuous of them al. It may come divers waies, of a cold or hot cause. If it come of a hot cause, his gunimes are red and very hot, wherefore it is very good to hold in his mouth water of Camphore, or to seeth a little Camphore in vineger, and holde it in his mouth.

An other singuler remedy that taketh away all kinds of tooth ache, specially if it come of a hot cause.

Take Henbane rootes, and seeth them in vineger and Rose water, and put the decoction in your mouth.

Remedie for tooth ache that commeth of cold causes.

For asinmuch as in such cases oftentimes there distilleth a abundance of water into the mouth, purge it with Pillule cochie, and afterwards keep in your mouth warme wine, wherin hath benne sodden Pellitozie, Mintes and Rose.

An other Remedy for the same.

Take Sage, Pellitory, and seeth them in vineger, and keep it in your mouth as hot as yee may suffer.

An other for the same.

Take Pillitory, Stauesacre, and the three kinds of pepper, of eche one a part: Maceis, and Galingale, halfe a parts make of them a pouder, & with a little whit wine rub the teeth, and then lay on the foresaid pouder where the paine is.

An other.

Take the middell barke of an Elder, Salte, and Peper, of eche a like much: and stamp them together, and lay it to the soze teeth.

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An other remedy.

Take a little cotton, and dip it in oyle of Spike, then put it on the sore tooth. If the tooth be hollow, it is good to draw it out, for it will euerie day waste whatsoeuer yee do vnto it.

To make the teeth white.

Take white Marble, Cuttle bone, White Corall, Salgemma, Baysalt, Mastik and pilles of a Citron, of ech like much, make them in verie fine powder, and rub the teeth therewith, euerie morning.

And afterward walsh your mouth with white wine, wherein hath been sodden a little Camomil and Dill.

For the same.

Take Wine yer of Squilles and dip a little peece of cloth in it, and rub the teeth and gummes withall. The said vineger fastneth the gumis, and conforteth the rootes of the teeth, and maketh a sweete breath.

An other remedy to make the teeth white.

Diſtill a water in a Lembeke of two partes of Salgemme, and the third part of Alum, and rub the tooth with a linnen clout dipped in the same.

To take away stinking of the mouth.

Ye must wash his mouth with water and Vineger, & chew Mastike a good while, and then thy mouth with the decoction of Anis seedes, mints, and Cloues sodden in wine. If the stinking of the mouth commeth of a rotten tooth, the best is to haue it drawn out.

Regiment for tooth ache, and stinging of the mouth.

Yee must walsh your mouth before and after meate wyth warm water, so to cleane the mouth, and to purge the humors, from the gummes, which descend out of the head. It is good every morning fasting, to wash your mouth and to rub the teeth with a Sage lease, pilles of Citron, or with powder made of

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of Cloyses and Putmiges: ye must forbear Lettuce, raw fruit, all tart meates, and the cheling of hard things. Also al meats of cuill digestion, and vomiting.

The third chapter treateth of Remedies for diseases
of the breast.

First for hoarsnes of the voyce that maketh a man to speake lowe and with great paine, yee must auoyde all celer, salte, and sharpe thinges, and sleeping by day, too much watching, great cold, much speaking, and to loud crying. All sweet thinges are verie good, as apples sodden with Suger, great Raylins, Figgis, Almond milke, hulled Barly, Pignolate penedies, White pilles, Sugercandy and the iuyce of Likorice.

Remedy for a hoare voice.

Take the broth of red Colewarte, and mingle with it vii. or viii. Penedies, & an ounce of srrup of Maiden heare, and giue vnto the pacient, when he goeth to bed.

An other medicine.

Take Diayris simplic, & eat a Loseng of the same at morne, and also at nighte.

An other remedy for hoarcenes of a long continuance.

Take Raylons, Figs, Suger, Cynamon and cloves, of euer ry one a little: Geth them in good wine, of the which yee shall giue to drinke morning and euening, two ounces at a time, except he haue a feuer.

For the same.

It is good to take morning and euening, a spoonfull of the srrup of Iunibes mixt with a roote of Liquorice, in manner of a loc. If with the said hoarcenesse, there descend abundance of water to the mouth, it is good to make an electuary, of halfe Diayris, and halfe Diadragaganum and to use it first and last after presuming with Stoupes of flare, fuming with Frankincense, Pastike, Sandrake, and storax Calamite, layd vpon the head warme.

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Remedy for the cough.

Take Isop, great Raisins, and Figs of ech a little handful, Licorice one ounce, boile them in water, til third part be wasted, then giue it him to drinke twise a day in the morning two houres before meat, and at night one houre before supper and immediatly after it is good to eate a Loseng of Diayris, or Diapenidion. If ye wil haue it stronger, put to them in the decoction a little Coleworstes, Anise, and Fenell, with the seedes of Nettles, of echs two drams.

An other Remedy.

Take Sugercandy, white pilles Diayris, and Diadragant, of curvy one, one ounce, Liquorice two drammes, make a powder, and let him eate thereof a spooneful, morning and euening and drinke after it three ounces of water of Isop, or of Scabious with Suger, or without Suger.

In sted of these waters ye may take the broth of red Coleworstes without salt.

An other remedy.

Take sirrup of Liquorice, and of Isop, and drinke it euern and morne with a Pitilane, or one of the same sirrups, with a spoonfull of Pitilane is good.

An other.

Take powder of Diayris simple, & Liquorice, of ech a dram weight, and with four ounces of suger makes an electuary to be eaten first and last after meat.

An other.

It is good to take Locsanum, with a sticke of Liquorice, at the coughing, and after meat. And there is another loc called loc de pino, as good at all times as the other is. And it is good to annoyn the brest morning and euening, with oile of Lillies, swet almonds, and may butter without Salt. Heere is to be noted, that commonly the coughe procedeth of colde humours that greeueth the lunges, and for that cause al things the which be hot, swet, and dry, provoke spittle, are very god and holosome for the same, as be the things afore rehearsed.

And

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And sometime it procedeth of heat, and then it is known by the great alteration or feuer: and thee yee must forbide the patient drinking of all wines and to use things that hereafter followeth.

Remedy against the cough, comming of a hot cause.

Take sirrup of violets and of jubes, and drink thereof morning and euening with a little Pitifane sodden.

For the same.

It is good to take first and last a Loseng of Diadragagant, and afterwards to drinke a draught of good Pitifane.

A good receipt against the cough.

Take the roote of Enula campania, Horehound, Holihock, or sche a like muche, sceth them altogether in white wine, with a dozen of fat Figs, and a little Liquorice, drinke of it a draught, every day twise.

Regiment or diet for them that haue the cough.

Ye must abstaine from Vineger, Verjuice, all salt meates, frutes, raw hearbes, fish, Lemons, grosse meates, and to much repletion. Also yee may drinke no winc betwene meales, and beware of day sleep, and especiall after meate.

The winde, the colde, and much talking, are very unnatuarall for the cough, and so is all labour aswell of the body as of the minde, and sometime it is good to hold your winde a little, and let it goe againe.

Remedies against shortnes of the winde.

Shortnes of the winde procedeth often times of fleume, that is tough and clammy, hanging upon the lungs or stopping the condits of the same, bring in the holownes of the brest or of catarrous humours that droppeth d. wne into the lungs, and thereby commeth straynesse in drawing of the breath, whych is called of Phisitions, Dilponca, or Aithma. And when the patient cannot bend his necke down for dread of suffocation, it is called Orthopnoca. For eueris one of these diseases, there be very holesome medicines declared here afors.

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The receite for Asthma.

Lake an ounce of great Raisins picked from the kernels, two Figs, the meate of a Date, dry Isop, Morden heare, Likorice, and the lunges of a Fore, washed in wine, water or Sea-bious, of every one a dram, Penidies two ounces with sirrup of Likorice, let all be incorporated, and make a Loc to eate a good while after meate, with a sticke of Likorice.

An other receite.

Lake Horehound, Morden heare, and Isop, of euerie one a handfull, Likorice, Dates, Figgis, seede of Smallache and of Fenel, of euerie one half an ounce; boyle them in a pinte of wa-
ter and a halfe, till the third part be consumed.

After give him the said decoction to drinke a good draught ev-
ery morning two houres afore meate. And before it, or incon-
tinently after it, it is good to take as much as a chesnut of con-
serue of Coleworts, or a loseng of Diaysope, or Diayris Salomo-
nis. Also loc de pulmone vulpis is exceeding good for the sayde
disease.

An oyntment for shortnes of breath.

Lake two ounces of oyle of swete Almonds, one of May
butter unsalted, a little Saffron, and of new Ware, and make
an oyntment, wherewith yee shal annoynt the brest morning
and euening.

Regiment.

Considering the saide disease commeth of so great aboun-
daunce of fleume in the lungs, it is good to obserue the thinges
that are shewed in the remedies of the cough. And to dwell in
a dry place, farre from water pooles, or marshes, and to sleepe
in a moist chaumber, in the which yee must haue a fire of wood
without smoke. The bread must be light and pleasant, for sow-
er bread, browne bread, and crustes, are to be avoided. Also yee
may eate no Pease, Beanes, Nuts, Chestnuts nor any thing
that stoppeth or engendreth winde. Fish rostred vpon the girdi-
on may well be suffered, for they be not so euill. Hulled Barly,
Rise, broth of Coleworts, and broth of an olde Cocke, with Is-
op

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Sop and Saffron, are speciall good meate for the lungs, and so ar sat Figs, Raisins of Alcian, Dates, graines of the pine, Pignolate, & swete Almonds. Great mouings and chasings and sodaine labour is verye chille, yet moderate exercise afore meate is good and profitable.

Running, anger, and such other passions that enflame the heart, are in this case utterly to be voided.

Remedies for the Pthisicke.

Pthisicke is an ulceration of the lungs, by the which all the body falleth into consumption, in such wise that it wasteth all saus the skinne. Ye may know him that hath a Pthisicke, for from day to day he wantheth euer leaner and drier, and his haire falleth, and hath euer a cough, & spitteth sometime matter and bloody stringes withall. And if that which he spitteth be put into a basyn of water, it falleth to the bottom, for it is so heauy.

Galen speaking of this disease, saith it is vncurable. But when he was in Rome, he gaue counsell to them that had the Pthisicke, to dwell in the mountaines, and hie places, farre from waters, and watry groundes, and so their life should be prolonged, but at the last they dyed of the same disease. Neuertheles, it is good to release the paine, and to help them as much as is possible. And the thing that is most holesome for the same, is to drinke every morning a draught of Asse milke, fours houres afore meat: in the place wheres one may take the milke of a Gaste newly milked, and mixe them euerie time with a spoonfull of powder, made with suger roses, and it is good every time to vse conserue of roses, Pignolat diadragantum, and anoint the brest before & behinde, with oyle of sweet Almonds, May butter and salt.

An other remedy proued by a religious man.

Take two ounces of Pimpernell in pouder, and therof make an electuary with suger, & vse it every morning iiij. drams with pimpernell water iiiij. ounces. Water of Snails distilled

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is prooued good to them that be Pthisicke every morning in
drinke, and soz all them that are drye and leane.

Another.

Take the fourre colde seedes, seede of Quinces, of eche thre
dramis, and a halfe, white Poppy seede fives dramis, the iuyce of
Likorice, Isop, Amidum, gum arabike, and Dragant, of eche
a dram and an halfe, Penidies, the weight of them all, make a
pouder, and vse euery morning. ii.dramis, and after take two
spoonfuls of sirrup of luyubes, or instead of it, drinke the ptisan
of water of vngula caballina, otherwise called horsehoofe, the
pouder whereof is good for the pthysike, wherewith Haly saith
that he healed a Monke of the same sicknes.

Regiment for pthysike.

Yee ought to do, as hath been said in the regiment of Asth-
ma, and to abstaine from all spices, saue Maffron. Ye must
likewise abstaine from all sower things, sharpe thinges & tart,
nor be not hungry, nor dry: but cherish you well with meats of
easie digestion, and good nourishment such as is coleys of Ca-
pones, hulled barley, Almonds milke, egges yolkes, veale, Kid,
lambe, Sheeps feete, and small birds, living in woods & bushes.
Creasises, and fishe of swete running water, hausing scales,
Snailes in the shels sodden with fenell and Isop is very good.
Ye must live merely, and play at some pastime for pleasure
without labouring.

Ye ought to abstain from iaratine medicines, because that
it is said Cum fluor excedit, mors intrat, vita recidit, which is
contrary to Asthma, for therin it is good ever to be lose bellied,

For the pluresy.

Hereafter shall be spoken of medicines for diseases of the
ribbes. And soz playner knowledge of the same, ye shal vnder-
stan that sometime in the skinnes that couer the ribbes, there
gathereth together bloud and cholerike humours, which en-
gender apostemes, called pluresie, and it may bee knowen by
fourre manner of signes.

First, the pacient hath a great burning feuer. Secondly the
ribs

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ribs are so sore within, as if they were pricked continually with needles. Thirdly, the patient hath a shorte breath. The fourth signe is a strong cough, wherwith the sick is vexed; and by these signes may ye surely know a right Pluresy, that is in the skinne, vnder the ribbes within the body.

But there is an other kinde of pluresie without, vpon the ribbes apostomed, but in that is nothing so great daunger, nor the feuer is not so strong as is the other afore rehearsed.

Remedy.

The patient ought to be let bloud on the liuer vaine, in the contrary arme from the side that is diseased. After the begining of the soze, till the third day, and after that if the patient be not feeble, let him bloud againe vpon the same side that the soze is. Moreouer the patient ought to lay vpon the soze side, every day an earthen bottel, full of warme water, and to aneint his ribs with oyl of Camomill warme. And he ought to take a glister of Chickins broth, miltie, cassia, oyle of violets, and honny of Rose, if his belly be harde. And in sted of that glister, it is good to take an ounce of cal. ii. an houre beso re dinner, in a losenge or distempered with a ptisane, or els with water of scabiose.

An other remedy.

Take of bromē floures, of Scabiose and the great thistle called Carduus benedictus of every oile a little portiō, meddell them together, and let him every morning and evening, receive a good draught, and anoint the ribs with oile of bromē floures and is shall be good.

An other singuler remedy.

Take three ounces of water of our lady thistle, one spoonful of white wine, & six inner whites of eggs wel brayd, mingle altogether, & lay them plaster wise vpon the ribs, as hot as ye can suffer.

An other expert remedy.

Taketwo good handfuls of horse dung, two rases of ginger in powder, and then wrap well the dunge and the Ginger

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together in a cleane linnen cloth, then put them in a new potte to boile with two pintes of white wine, vntill the third part be consumed, and drinke a draught of the said drinke every morning, and after yee haue dronke the said wine, couer yee as wel as is possible, and sweat.

Regiment for the pluresie.

The patient ought not to drinke wine, nor eate fleshe, but must bee content to drinke Ptisan, Barly water, and weake drinke, and to eate barley hulled, and milke of Almonds claryfied, rosted Apples, and great raystins as long as the feuer doth last. And for to help him to spit, it is good to vse often white pils, Diadragagantum, Souger-candy, and other thinges said in the remedie of the cough.

For diseases in the ribbes, which is not pluresie.

There chaunceþ sometimes a disease in the ribs, which they call a bunch, which commeth of ventosity, wherefore it is good to apply thereto hot things, as a tost of bread very hot, and a little bag of otes, and bay salt fried together, or of hony which is better. Also it shall be good to put thereto a spoonesfull of hotte ashes, and herbes of Horehound, Rue, wormwood, Margerum, Istop, Wales, and Camomill.

An other remedie for the same.

Take the rootes of colewort & Hops, of eche an ounce, Veruine, Mugworte, Sage, mints, wormwood, Tansay, and motherwort, of eche a handfull, put all in a common still, and distil them.

Kespe that water to drinke every morning two or threounces, while the paine doth last,

An other remedy.

Take the said hearbes and rootes, and beate them with white wine, and straine them thorough a linnen cloth, and giue unto the pacient a smal draught y. or ij. houres afore meate.

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The fourth Chapter of the weaknes of the heart.

VV Eaknesse or fablenes of hearte, is caused when the body sayleth his vertue vitall, without any euident cause, or when the bodye is consumed and wareth out of colour, and that the operations vitall are weake, without sensibls hurting of any other member, but the hearte. And it may chaunce of an aposteme, for the which there is no manner remedy, for all apostemation of that heart is mortall. And debilitie of the hart, may come of heat accidental, which one may know when there is great heat in the brest, and vehement thirst, and is quenched better in drawing cold ayre, then in drinking cold water.

Remedy.

Give him that hath a feeble heart, and ready to fainte; either for feuer, or for extreame heate, the weight of a French crown of Trosciske of Camphore, with wine of Pomegranades, and lay vpon his brest towarde the left side, a sendall, or linnen dipped in water of Roses and vineger.

A lectuary.

In sted of these troscisks, yee may vse an electuarie called Diamoriton frigidum every morning a Loseng. And it is good to giue him for the same fablenes, conserue of Roses, violets, Water Lillies mingled together, and after to drinke water of Rose, and to smell roses, Water Lillies, rosewater, & vineger. Otherwhiles and most often, debilitie of heart chaunceth of a cold and dry cause, and is without feuer, with great feare and heauines, the remedy whereof is this.

Remedy.

Lake of an electuarie called Diamuscus, or of an other calld Electuarium pliris, and vse every morning a Losenge, and drinke after it a little good wine, or Buglosse water, and anoint the brest with oyle of Spikenarde. Moreouer vse once in a wieke five houres before meate: the weight of halfe a crown of good triacle or Mithridatum, so it be well tempered in a little white wine with a few maces.

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For the lame.

Ye must give the patient often in the houre of his siebelnes,
Cloues, Cinnamon, Nutmiges, Betu ale of the roote of Cole-
worts if he hath not the Phisick, in which case he must abstain
from the said things. And it is convenient to gire him in that
case good flesh; and pot age without splices; and take every mor-
ning, a great draught of Alles or Goates milke; and Suger
roseate.

Fretting of the heart.

It is called of the Phisitions Cardiaca passio, or otherwise
tremor cordis, that is trembling of heart, and sometimes it
chaunceth with a feuer, and sometimes without.

Remedy when it commeth with a feuer.

Ye must be let bloud of the liver beyne, and drinke every
morning Sirrup of Pomegranates and Lymmons, the iuyce of
Sorell, or one of them with water of Roses, Purcelane, Suc-
coze and Sorell. Moreauer the patient ought to smell thinges
colde and swete, as dryng Roses, Water Lillies, Violets, and
vineger of Roses.

Also it is good to take an infusion or lare of Rubarbe, ob-
tained of some good phisition: after the whiche it shall be good,
to apply vpon the left pap, a linnen cloth dipped in Plantaine
water, Roses, Sorell, and a little vineger.

For trembling of the heart without a feuer, a remedy.

The patient must take two drammes of the electuarie of
Diamirgariton calidum, and the third parte of electuarium
de geminis, then drinke two or thre ounces of water of Bug-
losse, and Baumis mixt together.

An other remedy.

Take Masseike, Ligum aloes, cloues, Cinnamon, Nutmiges
and Cubebes, of ech a scruple, pilles of Citrons halse a drant
Doronici romany and peelles, of ech xv. graines, Basiliske x.
grains, Ambergeze & muske, of echs two grains, w^t conservued
buglossie or celewys sucket of Citrons, of ech half an ounce,
make an electuarie w^t four ounces of suger dissoluued in white
wine

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wine and buglosse water, and use of the same every morning two drams, and drinke a little good wine after it.

An other remedy.

Take water of buglosse, Baume, and Bourage, of all thre together a pound, of white wine halfe a pound, pouder of Si-nammon, Cloues, and Nutmigs of eche two drams, mingle the all well together and then heat it a little, and dip a linnen cloth in it, or else a scarlet, and lay it to the leſt pap.

An other remedy.

We must make a bag of Kendall, of the said sweet spices, or other cordiall pouders, and lay it hot upon the leſt pap.

An other remedy.

Take commanders made of Lapidanum, Lignum aloes, and citron pilles, Paces, Cloues, Borage floures, Storax calamite Amber of Grece, and a little war, and let the pacient beare that, and smel it often.

Another medicine.

The malwoſt of an olde cocke dyed, and made in pouder is exceeding good to drinke in red wine, or sweet wine with a little Saffron.

For the ſame.

It is good to drinke every morning thre ounces of water of buglosse wher ein bath been ſodden cloues. And it is good to drinke in the moorning ſoure ounces of Julep made of halfe a pound of baume water, and thre punces of ſuger. The confection of Diuainely, is singular and excellent for trembling of the heart, but it is ſo myrie meyn, not for poore folke.

For ſowning.

Sowning is a taking away of the ſeeling and moving of the body by weaknes of the heart through to much auoydancē of the ſpirits.

Remedy.

In ſowning for ſowning, ſodainly wee ought to caſt upon his face cold water, mungled with roſe water or vine ger.

And

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And if yee stop his mouth and nose, and bow his face vnto his knees, so long as ye stop your winde your selfe, ye shall soorth with recover him. But if the said souning come of the mother, ye must lay to the nose all stinking thinges and abhominable sauors, as Partrich sothers brent, castor, and assafetida, or the smokes of candels. Moreouer ye ought to giue the pacient a little good wine, which is the chief thing that quickliest restoreth him as saith Auroice in his seuen colliget. Afterward rub his armes and legges, and binde them hard, then prouoke him to neese, putting a little pouder of long pepper, Euphorbium, or Castor into his nose. And if by the sayd medicines, the pacient doth not amende, this disease is vnturable. And heere ye may note, that if sowing come by great resolution of spirits, as after great euacuation, either by sweat, flux of bloud, or laske, ye ought not to cast cold water on his face, nor to binde his members, for that shalld him hurt, but keepe him in a place without mouing, and giue him to drinke a little good wine, and nourish him with good light meates, as pullets, chickens, capons, partriches, veale, Putton, and Kid. Whereof ye may make him good pottage, coleises or restoratives, distilled or otherwise, as ye shal thynke conuenient.

The v. chapter of remedies for diseases of the stomack,

The chesc of the body doth receiuie the meate necessarie for all the members in the stomacke, which is situate in the middes of the body, for to digest the same meate into all the members, to the which chaunceth debility or hindrance of appetite, sometimes by errorre of the eater in quality or quantity, and sometimes by reason of the cleume that descendeth from the head like a reume.

Remedy.

Leve abstinence, and eate soberly ligh meates, and drinke good wine, and but little. Purge the stomacke, in taking pilles of myle herra before meate iij. or iiij. of the said pilles at fourre of the clocke in the morning. If the repletion be great, sleeping

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In the night, he must lay his hand upon his stomacke, or els lay a little pillow of fetheres on it, or a bag of wormwood and Mar gerum. Sometimes there chaunceth such debility, not for reum or meat, or drinke, but by viscous and slymy fleume in the mouth of the stomacke, which causeth to engender abundance of ven tosity, and maketh the meat to swinime with little thirst. And sometimes with sower belchings, & inflamations: such debilitie may not perfectly be cured, but so for a time mended with the remedies that followeth.

Remedies for weaknes of the stomacke.

First y^e must take Pillule Stemmatice two or thre oueres a fore meate, moare or lesse, according to the quantity of the ful nes of the stomacke, and after give him every morning two oueres afore meat and one ouere after supper, at every time a Losenge of a lectuary called Diagalanga, or another called Dia cimum, which Lectuaries do consume ventosities, and with their comfortable heate, drinke away the colde and the windye complexion of the stomacke.

For the same.

Greene ginger is verie good, taken as is said afore of the lectuaries. And it is holesome to eate afore your meate, a dñe seeds and fenell, and when ye begin to eate, take a fosse dippred in sodden wine, or good Palmesey without drynking of the same wine, except it be a verie little after meat.

Another.

Lake Mistleke, and Lapadatum, of every one an ounce, mintes and wormwood pondred, of ech a dram, Turpentine, as much as shall neede to incorporate them together, make a plaister and spred it vpon Leather, and lay it to the stomacke. In stede of the said plaister, it is good to annoint the stomacke with oyle of Spiknard, and niace, or to lay on it hot bread stre ped in good wine, on the which bread crew powder of cloues and Nutmigs.

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Sometimes such debility of stomatke, commeth of hot causes, and then it is knownen by the little appetite to meate, and great thirst and headache before meate, and after it, commeth stinking belching, whereroft sometime followeth vomiting, and is holpen on this wise.

Remedy.

In such debility, if there be great quantity of spittle, and much desire to vomit, it is good to take x. drams of Hierapicra, with the decoction of Cicers, or with ii. or iii. ounces of water of wormewood, and after your meat, use Coriander sede prepared, and beware ye drinke not thereafter, nor sleepe in the day time.

To the same.

Mirabolans condite are very good for the same purpose, to be giuen once in the wakte, at fourre of the clocke in the morning, half an ounce, or a whole ounce every time, and take away the stone that is within. If the said debilitie of stomatke of hot cause, there bee not abundance of spittle, but drines of mouth, with thirst and vomiting, stinking & fumish, it is good to take every morning sirrup of Horezel, sirrup of roses, of sirrup of quinces, with endive and succory water, and water soadene and cooled again and then drinke Hierapicra, as afores is sayd, or take a purgation; as is declared in the paine of the heade, comming of choler. It is to be noted, that for such debility of the stomack, ye may not weare any cerote plaister, nor bag, wherin is hot medicinnes, lest ye should augment the cause, but it is conuenient to anoint the stomack with colde oyles, as be oiles of Roses, and Quinces, and if ye will haue a plaister, make it of red Roses and Saunders.

For abhorring of meat.

Sometime there chaunceth in the stomatke a disease called fastidium, or abhoring of meat, whereby the person against his will taketh in hate and abomination all manner of meates, that is offered unto him: likewise as a hole man taketh pleasure and delight in his meate. The cause of this disease, is repletion of cholericke humours, or rheumatike, grosse and viscous,

which

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which are in the stomacke, and the patient hath great thirst, a dry tongue, the mouth bitter and sometime doth vomit yellow choler.

Remedy.

Ye must purge the choler as hath beeene said afore, and if the blynes be great and full of bloud, ye ought to let him bleed on the right arme, and on that veine which appeareth most: and so quicken the appetite, it is good to giue him to eate or drinke, such as the patient de maundeth, although it be not alwayes of the best. And also it is good to giue him the iuice of Pomegranates.

For belching.

Belching is a ventosity inflatus exfilled out of the stomacke to the mouth, and commeth by foddness, and little of the stomacke, whiche engendreth winde, wherefore it signifieth a colde complexion, whiche is cause of such ventosity after meate. And for this disease yee shall doe as followeth.

Remedy for windenes of the stomacke.

A Blaine, frument frutes, and raw herbes, pease, beanes, garlike, onions, lekes, Chestnuts, course meates, greater repast and sleepon the day, ye ought to take fasting, compots made of anise, Fenell, cummin, and carraway seedes, or els pouder of the said things mixt with suger. Also it is good to take in a morning two houres before meat a losenge of Aromaticum rotatum, and if ye haue an aking stomacke and colde, it is good to take every morning a losenge of dianisi, or diaciminum, or some other comfortable losenge, and to drinke after it a sponefull of good wine.

An other remedy.

Ye may take a little Galengale with a little wine, or pouder of Cumin, with some good wine.

An other remedy.

Drinke every morning fasting ij.ounces of wine, wherein hath beeene sodden baybertes, anise, and carraway seedes, of sche a little. And if ye put to it a little frankensence, it would be the better. And without, it is good to lay a bagfull of Ca-

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monil floures, rae, worm wood, and maioram made in powder, or so to annoyn the stomacke with oyle of wormwood, Rue, Spikenard, or Bayes. Sometimes such belching and ventosity commeth before meate, and it is caused of sleume, viscous, or watrish, that is in the stomacke.

Remedy.

Ye must purge the sleume with Pillule cochie or electuarium of diacartami, as hath beene said in the remedy of paine of the head caused of sleume. Andere ye giue the purgation, yee ought ij. or iij mornings two houres afore meat, to take y. little sponefulls of sirrup of wormwoode or of mintes. After the whiche purgation, it is good to annoyn the stomacke with oyle of Mastik, Nardine, wormwood or leekes, and so to weare vpon the stomacke a cerote, being made like a plaister, which ye may buie at y Apotecaries called cerotum Galeni, or a bag made of Maioram, and Camomill floures, & take every morning a losenge of the electuary aboue named, or of Diagalanga. Item ye shall note, that if the person cannot take a purgation, to auoyde sufficiellly the fulnes of the stomacke which hindreth the digestion of meate, he must take a glister, & afterward pilles of elephangine or of hiera simplicis, before dinner or supper. Moreover, if besydes dinner ys feele an heuines in the stomacke, yee ought to take one of the said pilles halfe an houre afore meate.

For the hicker.

Hicket or yeasking, is an euill moyning of the vertue expulsive of the stomacke, pronounced by the vertue sensible, to expulse that doth annoy. The said hicket doth somtimes happen by reason of emptyness, by debilitie of the stomacke after long sicknes, or by flur of bloud or laxe, or by some other strange evacuation, which is very perillous, & often times mortall. Therfore it is good to give restoratives to the pacient, & to giue him soft egges, almond milke, hulled Barly, cole Isle of capons, or other things of good nourishment, and of easie digestion.

Also

of Lyfe.

Also yes ought to stop the lasae, and to make the patient to sleep long, and anoint the Stomack with oile of sweet almond s. Sometimes hicket procedeth of replexion of matter, humours, or of drinke and meate which engender grosse ventositie, and not very easy to consume. If the Stomack be ouer charged with meats, keepe a long abstinence till digestion be done; els vomit and anoint the stomacke with oile of Dil, Pastike, wormewod and Castor. If humours continue in the Stomack because of the saide hicket, take an ounce of Hierapicra with water of wormewode, or els pilles Ante cibum iij. or iiij. houres before meate, and every morning folowing the operation of the sayde hierapicra, take a losenge of Dianisi, or Diaciminum, or else a few anise seedes and caraways.

Regiment for all manner of hicket.

It is good to keepe long and often his breath, to nose, to traueil much to endure great thirst, and also to sleep long. And it is good to caste colde water in the face of him that hath the hicket, and to threaten him, and so put him in feare, and to anger him, or els to prouoke him to heauines, for by these thinges, the naturall heat is reuoked and fortisid within, and causeth the hicket to cease.

For vomiting.

Vomiting commeth sometimes without great violence, and thereby one getteth healt, wherefore ye need not giue him any remedy, for it is a good action of the naturall vertue of the Stomacke. Sometime vomiting commeth by a great violent moving of the vertue expulsive of the Stomacke, for the euill things contained in the same.

Remedy.

One may well helpe a man to vimitte, giving him warme water with a little oyle to drinke, or els to put the finger in his mouth very low, or a fether wet in oyle the better to vimit, and mundifie the Stomacke, if so be the person haue a wide throte, and that vomiting do not hurt him much, as they that haue but

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smal and straight shrotes, and long neckes and learie, and hea
that hath an euill sight, for all these it is euill to vomit.

Sometimes vomiting commeth by weaknes of the Stomack
caused of a hot and euill complexion, ye shall heale it after this
maner.

Remedy.

Take sirrup of roses, quinces, mirtilles, with water sodden
and coold againe, or els water of purselane for to refresche and
quench the thirst that chaunceþ commonly in such a case. And
it is good to anoint the stomack before dinner and supper, with
an ointment made of oyle of roses, and quinces, with juice of
mints and a little wax, or els to make a plaister of mints, roses,
Worme wood, and oyle of Roses, and lay it to the stomacke.

Another.

Take Frankensence, Mastik of eche halfe an ounce, made in
pouder, and mingle them together, with the white of an egge,
and a little barley floure, then spread it on a little tow, and lay
it to þe mouth of the stomacke. At the latter end of dinner, it is
good to take a morsell of marmalade without drinke.

Sometimes vomiting procedeth of euill and colde complexi-
on of the stomacke.

Remedy.

Anoint the stomacke with oyle of spikenard and Mastike, or
els make anointment of the said byles, with a little mastike,
coral, and ware, and anoint the Stomacke morning & evening.

Another medicine.

Make a bag of wormwood, Daiozant, and dry mints, of ech
a like handfull, cloves, galingale, and nutmigs, of eche halfe a
dramme, the said thinges poured and put betwixt two linnen
clothes with cotton enterbasted and applied vpon the stomacke,
are of wonderfull operation. In stede of this yes may take the
said hearbes dryed on an hott lestone, and put them in two lin-
nen clothes vpon the stomacke.

An other manner.

Yee my take a tolle of breade and steipe it in the juice of
mints, and cast vpon it powder of mastike, then lay it vpon the
Stomacke,

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Stomacke, and from thre oueres to thre oueres, let it bee renewed.

Otherwise.

Take two handfulls of mints, and a handfull of roses sod in wine, the take two ounces of tosted bread, and moist it in wine, and incorporate it with powder of mastlike, and the saide roses and mints, and make a plaister, wherof one part must be layed to the stomacke when the patient would eate any meate.

The said plaister is also good in all hot causes, if soz the said wine, yee seeth the mints and roses, and stripe the tolle in vinger.

To comfort the stomacke after vomiting.

It is good to gine vnto the patient every morning an ounce of srrup of wormwood, or mints, in stede of which it is convenient to take a loseng Assaromaticum rosarum or Diagalanga.

For the same.

Take euening and morning iii, oueres before meate two cloues in powder with a spoonefull of the iuice of mints, or half a spoonefull of Rue, dyed with a little wine. Also it is good to take powder of cloues & Lignum aloes, the weight of a crowne, with wine two oueres before meat.

A glister for the same.

And heere ye must note, that in all vomitting, if the patient bee harde bellied, it is good to take a lenitive glister made of the decoction of march mallowes, violets, and Barly, with oyle of Violets, honey of roses, and a little Cassia.

And if the vomitting come of coldnes of the stomacke, or of cold water contained in it, ad vnto the said glister, wormwood, Isop, Rue, and camomill in the seething. And soz oyle of violets take oyle of Camomill, or of Lillies, and give the patient a pill of mastlike before meate. And yee shall understand, that mints brayed, and mingled with oyle of roses, and applyed vpon stomacke, is very good for all vomitting.

For paine of the Stomacke.

Ache or pain of the Stomacke commeth sometimes of wind, and it is called doloure extensie, the which is holpen with

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With applying thereto a sponge wet in wine wherin hath beene
sodden wormwood, rue, and camomill.

Also ye may help it as hath beene said in the remedy of hic-
ket or yeasking, and as shall be said heereafter in the remedye
for all paines of the stomacke.

Sometimes the said pain commeth of repletion of humours,
and it is called Dolor agrauatinus. Which ought to bee cured
by purgation in giuing of Cassia, newly drawn out, Hierapi-
cra, or pilles Stomaticas, or of hiera simple, taking some sirrup
before the purgation, as is shewed in the remedy of debilitie of
stomacke. Sometimes paine of the stomacke commeth of cho-
ler, or salt fleur ne very sharpe, and the pacient hath bitter taste
or salt with greate thirst, and he feleth heat and mordication.
Wherefore it is good to drinke sirrup of roses, or occisacarum
simple with sodden water and cooled. In sted whereof ye may
take endire water, succory and purselane with one parte of
warnewood water, and then take an euacuatine that purgeþ
choler, as is said in the remedies for paine of the head comming
of choler, or let the pacient vomite, in giuing a sharpe sirrup of
sorell, with warnewater, then put his finger in his mouth, so
that he may vomit. Sicks folkes often dissased in the stomack
deamaund nothing els, but to take away the paine, not regard-
ing the time while the matter may bee purged by vomiting,
glisters, or other laxes.

Also there chaunceth sometimes so great paine and sharp, that
for debility of vertue, it is good to leaue the cause and lycke to
the swaging of the paine; wherefore it behoueth to procede in
manner following.

Remedie for all paines of the stomacke.

Take Camomil, melilot, warnewood, mallowes with their
rootes, leauies of bayes, Vierietarie, and peniriall, of eche a
handfull, lyneside a pound, fenugreke halfe a pound, anise and
fennel seede, of eche halfe an ounce.

The said things brused and well sodden in water, wet ther-
in sponges, and the licour well pressed out, and applied vnto
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the stomacke, one after an other, and warming them againe when they begin to coole, swage all manner paines of the stomacke. And afterwarde yee must anoint the stomacke wyth oyle of Dill and Camomill.

An other remedy.

Take an hogges bladder, and fil it of the said decoction, and lap it in a linnen cloth, and lay it to the stomacke and warme it againe when it is colde.

But after ye have made divers such applications, yee must anoint the stomacke with the oyle aforesaid, if the paine be remouing from place to place, it signifieth it commeth of ventosity. Therfore lay vnto it a bagful of meale, Saltem, and cummin dyed together.

An other remedy.

Take a spoonesful of hot ashes, dewe them with good wine, and couer them with a linnen cloth: that it goe rounde about the spoone, and lay it to the stomacke.

An other remedy.

Take a sheau of breafe metelythiche, losse it, and wet it in hot oyle of camomill as hot as it commith from the Duen, or in oyle of spike, and wrap it in a linnen cloth, and lay it vp on the paine.

Another remedy.

Put a great boxing glasse vpon the nauill, and let it be there one houre.

An other remedy for paine of the stomacke.

Take two drams of Diacimion, of Dianisi, of Diagalanga, and drinke it with a little good wine, an houre or two before meate. To drinke two ounces of Maluisi, with a little of one of the said electuaries, is very good for such paines as procede of colones or ventosity.

An other remedie.

Take a dram of Galingale in powder and give it to drinke with a little hot wine, and aboue all things for paine of ventosity, a singuler remedy is to drinke a little castor with god wine.

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An other.

Likewise to drinke two houres before meat thre or four
ounces of the decoction of mints,anise seedes,cumin and fine
frankenscence.

Also it is good to drinke an electuary called aromaticum,
whereof ye may receive one losenge euery morning fasting.

An other speciall medicine.

Take halfe an ounce of iuice of mints , and two drams of
the iuice of wormewood lignum aloes, and cloues, and xilo bal-
sanum, of eche in powder halfe a scruple all mixt together, and
dranke warme ii.or iii.houres before meat,are exceeding pro-
fitable.

The sixt chapter, of remedies for diseases of the liuer.

The liuer is one of the principall members and chiese In-
strument of generation of bloud, and of other members : it
lyeth on the right syde vnder the shott ribs, the which is ordai-
ned to digest the meate the seconde time, and therfore to make
humours that nourisheth all the members of mans body , by
his naturall heate, comforted by heate of the heart. But some-
times it is griped by bloud, into much abundance, or by co-
lerike humours, which cause to great heat,or els by fleum that
doth diminish the same.

A remedy for an hot liuer.

If the liuer be too hot,because of too much bloud, the person
hath red vvin, hasty pulse,his veines great and full, and he fee-
leth his spattle,mouth and tongue sweeter then it was wont to
be,wherfore it is good to be let bloud of the liuer vaine on the
right arme, and to vse lettuce,sorell,purzelane, and hoppes in
pottage, and sometimes to drinke of the water of the said herbs
fasting,or els endiu water to refresh the liuer.

Regiment for disease of the liuer comming of bloud.

Ye must abstain from drinking wine, and eating of flesh,
and if at meat or drink, ye must otherwise, the wine ought
to be watred, and the flesh boyled with Lettuce and Sorell.
It is better to drinke ptisan, or stale cider, and eate broth of pe-

son,

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sor, almon milke, hulled barley, or rosted apples, and damaske prunes, while the heate be diminished. And ye ought every day to prouoke the dutie of the wombe, either by meanes of suppository, or els other wise.

If the liuer be ouer hot with choler, the pacient hath his vaine cleare and yellow without measure, great thirst without appetite, and feeleth great burning in his body, and commonly hath his belly bound, and hath his face yellow.

This disease of the liuer chaunceþ most in sommer, and for it ye must take twise in a day an ounce of sirrup of Endiu, or Violets, with a good draught of Ptisan, drinke it two or thre hours before meate, and also at night to bedwarde, and so to continue thre or four daisies.

In steede of the sayde sirrups yee may take three ounces of ptisan, or thre ounces of water of Endine, Cikory and Sorell medled together, for eche time. Then the fift day in the morning earely, it is good to drinke a purgation that purgeth choler, which shalbe made as followeth.

An excellent purgation for to aynde choler, and may be giuen to men of all ages.

Take halfe an ounce of Cassia newly drawen, a dramme of good rubarb infused a night in water of Endine, with a little spikenard, and an ounce of sirrup of violets, mixe all the sayde thinges with thre ounces of ptisan or whay, and drinke it warme, as afores is saide in the other.

And if yee will haue it colde, ad vnto it two ounces of vinger, or the iuice of a pomgranade. If the liuer be colde, for the fleumaticke matter that is in it, the person hath water white, and out of colour, the face pale, and the mouth watry, lyttle bloud, and feeleth heauines about his liuer.

Remedy.

He ought to drinke in the morning earely, thre or fower times a sirrup called Oxmell diureticum, with the decoction of smallage and parsley, or with waters of smallage and fenel, after he must take to purge the floun a medicine made as followeth.

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loweth. Take sixe drams of Diafinicon if the person be strong, or halfe an ounce if hee bee weake, and distemper it in foure ounces of the decoction of the rootes of smalage, persely, fenell, and drinke it luke warme fve or sixe houres afore meate.

In steede of the said medicine one may giue two drams of agarike in troscisks with water of smalage, or els good fenell.

An other medicine laxatiue.

Take halfe an ounce of Diacarthamy, or halfe an ounce of Diaprunis laxatiue, or as much of electuarium dulce with thre ounces of persely water, smalage, Isop, or fenell, take it fve houres afore meate.

Regiment.

The pacient must drinke good wine, and vse Ginger, Cinnamon, graines of paradise, Anise, fenell, hot herbs in potage: as Sage, Isop, Lime, majoram, and auoide all raw fruites, and also raw herbes. Moreouer it is very good to make a plaster of smalage, wormwood, Spikenard in powder, with oyle of oil, mingle it and lay it vpon the liver.

Against stopping of the liver called oppilation.

Oppilation or stopping commeth somtime in the hollownes of the liver, and it is knownen by compassion and pain of the stomacke, and is healed by medicines laxatiue, as is declared before.

And sometime the oppilation is in the baines of the hollow part of the liver, and is perceived then by the grief, which the pacient feeleth in his backe and in his reines. And it is healed by thinges that open, as by sirrups of thre rootes, sirrup of Bisantiu, sirrups of Haidenhaire, and by drinking the decoction of raisins, fenell, persely, smalage, Cicorie or waters distilled of the same herbs. Also roots of Alisander is good for the same. Sometimes the said appilation commeth of grosse blood, earthy, and melancholike, which the members send unto the liver, and because that such engendred blood can haue no issue, nor hath any way to departe to any other members, therfore bee the

of Lyfe.

the baines of the liuer stepped vp, by the grosseesse of the sayd blood. And it is knownen by the water, that is very high colourred, and cleare.

Remedy.

Give the pacient medicines that pearce and subtle, as is wine of Pomegranates, sirrup of endiure, with the decoction of Cicers. Then let him bloud on the liuer beyne and every morning eate a losenge of Leyalandaly. Sometime the said oppilation commeth of abundance of some humour, viscouse colds and slematike stopping the beynes of the liuer, and then the vaine is as cleare, as cleare water.

Remedy.

The patient must drinke every morning the sirrup of Oxymell squilitike, with halfe a draught or more of the decoction of rootes of smalage, fenel, and persely.

Sometimes vnto women commeth oppilation of the liuer, by receiuing of their purgations. Wherefore it is good to let them bloud on the beyne called Saphena, which is aboue on the higher side of the iastop. And let them take after the chaunge of the moone, seuen or eight mornings an opiat called Triteramagna, every time an ounce. And after drinke threecounces of water of mungwort, Istop, & fenell, or the decoction of these hearbes, or els the rootes apperitive, which be smalage, persely, fenell, Aleſander and asperage, boyled with water with the third part of odoriferous white wine.

Medicines for the liuer that may he easily had at all times.

Take a good handfull of liuerworte, that groweth vpon the stones, and an other of sunnitory, with as much of hearts tung, and seeth them in whaye clarified, and drinke them every day twise.

The lyuer of an hare dyed and made in powder, is good for all diseases of the liuer as affumeth Auicen, and other of the Arabians.

Also for heate in the liuer seek Barberies in whey, and

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drinke hem.

The vii. Chapter against the diseases of the gall.

The gall is placed in the holownes of the liver, to receive
the superfluitie of choler, and to send it to the bowels to bee
auoided with the grast excrements; to the intent to cleanse the
blood of the saide choler.

To the whiche there commeth oftentimes opilations in
the parties about, by the liver, or beneath in it self, next the bow-
els causing great paine, by reason whereof, the choler turneth
againe unto the liver, and there is mingled with the blood, and
spred abroad into all the veines of the body, and breedeth a di-
sease named Jaundis (Ictericia in Latine) whereof bee three
kindes, that is to say, yellow Jaundis that proceedeth of cho-
ler, called citrine or yellow greene Jaundis, which proceedeth
of greene choler, and blacke Jaundis that proceedeth of black
choler, which is called melancholy, and commonly commeth
of the opilation of the spleene.

Remedy for Jaundis.

If the Jaundis happen in an ague before the seventh daye,
the pacient is in great daunger of his life, as Hippocrates saith.
But if it appeare in the sixt day, being a day judicial or cretric
of the ague, or after it is a very good signe.

And then yes must succour nature, in refreshing and diges-
ting the choler, with sirruppe of violets, giuen in the moring
with water of morel, or sirrup of endive with water of Ciceroy.

After this purge the choler as is saide in remedies of the li-
ver. And then give him a losenge of Triasandall, with Rubarb,
every morning two houres before meate, and drinke a little
water of endive and Ciceroy, afore the saide Losenge.

Moreover, it is good to bath the liver, as is saide afore, and
wash the pacients eyes with vineger, and womans milk, and
drinke a Pissane made of Barley, Likorice, Prunes, and the
rootes of senell. And if (when the feuer is past) the Jaundis
tarieh still, the pacient must drinke water of senell & morell,
with the sirrup of Occisacarium compoſte, and it is good to
laye a quicke ſcarfe vpon the liver.

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Iaundis sometime commeth without feuer, and may be healed by things that I declared here before, or thus.

An other Remedy for the iaundis.

Take four ounces of radish, and give it the sick to drinke five mornings, three houres before meat. In stead whereof it is good to drinke every morning four ounces of the decoction of horshounde, made in white wine, or as much of the decoction of Cendony and Barberies, with a little hony and Saffron.

An other remedy.

Take worms of the earth called Angle twytches, and wash them in white wine, then drye them and drinke of them a spoonful at a time, with white wine.

Another.

Ye may let him drinke seuen or eight daies together in the mornings a good draught of the decoction of Politrichon, or of maidenhaire. The decoction also of Woodbind, or the water of it distilled in a common still, is a saueraine medicine for the said disease.

An other singuler remedy.

Take cowes milke and white wine of eche a pint, and distil them in a still, keepe that water a month, and then give it to the pacient three ounces in the morning two houres afors meat, and likewise after supper, when he goeth to bed.

The viii. chapter for diseases of the spleene.

The spleene is a member long, soft and spongie, being in the left side ioyned unto the holownes of the stomacke, and to the thicks endes of the ribs, and to the backe, the which is ordained for to receive the melancholie humours and to cleanse the bloud of the same, for by that meane the bloud remaineth pure and neate. Wherefore it is good nourishing for all the

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the members, and is the cause that maketh a body merry, but oftentimes there happeneth oppilation or debilitie, whereof commeth the blacke Jaundis.

And sometimes it is greater, fuller, or grosser then it ought to be, by ouermuch melancholy that is not naturall, caused of the dregs of the bloud engendred in the liver and doth hinder generation of good bloud, where through the members become dry for default of good nourishment. And therefore the pacient is called spleneticke, which ye may know by that after meate, they haue paine in their left side, and are alwaies heauy, and hath their faces somewhat inclined unto blacknes.

Remedie.

In oppilations and apostemmes of the spleene, whither it be of hot humours or of colde, hee ought to be let bloud on the spleene beyng called Saluarellia, which is in the left hand, betwene the little finger, and the next finger which they call Medicus. And ye must draw out but a little bloude.

And if the pacient feele a burning on the left side, and hath a dry tongue without appetite, it signifieth, that such disease of the spleene, is caused of a hot humour. Wherefore ye must giue the pacient fourre or fife mornings satting sirrup of endine wa-
ter, and hartstrong, then a purgation made as followeth thus:

A good purgation to auoide melancholy.

Take halse an ounce of Succo rosarum, and three ounces of the decoction of the rootes of Capparis and hartstronge and make a drinke, the which ye may minister in a good day to take purgations, sixe houres afore meate.

An other.

In stede of that drinke yee may temper halse an ounce of Cassia, and three drams of Dialisyn, in three ounces of Whel or hartstrong water, and drinke it as is aforesaide. After the sayde purgation, ye ought to annoyle the spleene with oyle of violets, or oyle of Linseede, or to make a plaister of the sayde oyle and Linseede, and the rootes of Capparis, and lay vpon the spleene.

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Also after the saide purgation, it shall bee good to lay vpon the splene, nightshades purcelane sesde, and pouder of plantain mirt with vineger like a playster, & if the pacient haue moze appetite then hee can digest, and that he haue belchings of the stomacke, sometimes sourre in the mouth, it signifieth that the passion splenetike, commeth by a colde humour melancholike,

Remedy.

Ye must drinke srrup of Sticados, or hartestong, or Oxymel diureticum with water of the decoction of hartestong, Epi-thime, smalage rootes, parcely rootes, Tameriscus, and mints, or els only with the decoction of hartestong, and rootes of Capers. And then after purge it from such melancholy humour, with an ounce of Diacotholicon, and two drams of Dialene, dissolved in three ounces of the said decoction or water of wormwood or hartestong.

And after this ye must annoit the side of the splene, with oyle of Lillyes, oyle of dill, fresh butter, mary of an Dre, and hens greace, or of a dog medled together, or annoit the sayde side with Dialthea.

And the pacient ought to drinke white wine, and the decoction of hartestong, euening and morning, taking two figs, with pouder of Isop, Pepper or Ginger, but he may put no water in his wine, and oftentimes he must eate Capres, with a little oile and vineger.

If for the oppilations of the splene the pacient hath a pale colour, or leady in the face, and a whitenesse of eyes, taking away of appetite, pain in the left side with hardnes, and hath his excrements blacke, it is a signe of the blacke Jaundis.

An expert medicine for all diseases of the splene.

Take the leaues and cods of Seny the barke of an Ashe tree scraped, and cut Maiden haire, Hartstonge and Likorice, seeth them all in cleare whay, and after they be strained, drinke of it twise or thrice a day till ye be anrieved.

Remedy for the blacke Jaundis.

You must giue srrups and purgations, as afore is said, and to be let bloud of the veine Saluatella, and afterwardes by-

uers

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verse times euening and morning, to apply ventos upon the splene without sacrificing. Afterward yee must lay on it a litle, wet it in good vineger, and keepe it ther so long as the heat remaineth in the saide litle, and warme it three or four times.

Afterward ampoint the splene with Dialthea, and so continue four or five daies another four or five daies lay vpon the playster, made of two ounces of Gumate armoniaka, dissoiued in vineger, and spred vpon leather. And if by the sores saide thinges the patient be not eased, the doctours of phisicke say, that he must receiue the medicines again, at the least once in every moneth, for halfe a yere together.

Regiment for all opilations.

The pacient ought to vse thinges of easie digestion, and in small quantity, and ought to abstaine from bread too little leavened, Cakes, Tartes, Pasties, pies, hogges flesh, bresa, and poured meates and sumish. Fish, Lemmons, Peason, beanes, milke, cheeze, rice, and firmenty, all fried meates, drinke after supper, wine and apples, which with all other like trouble the body: also yee must abstaine from much mouing and exercise by and by after meate.

It is good to vse Capes, asperage, hops broth of dried Peason, with parsely, or his rootes, small birdes of the field, Kids flesh, yong mutton, lambe chickins, Fesants, Snites, partriches scaled fish, of sweet running water, with parsely, and vineger. Few layd eggs potched in water, are very wholesome, and yee may drinke white wine or claret, onely at meales.

Also it is good to vse cresses, sage, Isop, mintes, fenell, and parsely, succory, Scariole, and beetes, and singularly, to take lastynge, halfe a spoonefull of red coleworts sodden, and to eat often anise seedes, and fenell.

The ninth Chapter for diseases in the bowels.

If a person bee sicke guts thre small which are situate ouer the nauill, and thre great which are placed vnder the nauill.

The first is called Dudenum, because it is twelue inches long.

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of Lyfe.

The second is called Ieunum, for that nothing remayneth in it.

The third is called Ilis, because it is long and small.

The fourth whiche is the first of the great ones, is called Monoculus, because it is like a sache, and hath but one mouth, and in that same sometimes are woornes engendred of ventosity, that causeth paine of the belly on the right side, whiche is not the very cholike.

The fift they call Colon, because it hath many hollow places, and it proceedeth from the right side vnder the liner, and it maketh his revolution vnto the left side, wherin is engendred the cholike, which is dispersed by all the belly, moare then by any other disease.

The sixt is called Rectum, because it is nigh vnto the left kidney, and goeth euern right downe into the fundament.

Hipocrates calleth the three bowelles that are next the stomacke Ilia, that is to say, small guts, and the paine of them is called Iliaca passio, a veray sharpe paine. Rasis calleth it Domine miserere. Likewise also colica passio, is called of the gutte Colon, which two diseases are sisters, forasmuch as they come oftentimes both of one cause that is to say, of the oppilation of the bowels.

Remedy for the cholick, and of Iliaca passio.

For as much as those diseases are exceeding eager, sharpe, and almost importable of paine, whereof followeth manye times defunction of the strength, with variety of medicines, yee ought incontinently for to helpe them.

First when the saide paines come by the stopping of the bellye yee must give him a glister mollificatise, made of the decoction of mallowes, violets, beetes, anise seedes, and fene-greeke, with Calsia, and common hony, and oyle Olieue, and afterward the herbes of the said glister brused and fried, and layde hotte betwixt two linnen clothes, and applyed to the bellye,

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And if by this meanes the paine cease not, let the pacient sit vnto the buckstokes in the saide decoction, and after with Dialthea and butter, anoint the nauill. And if the saide glister doo not worke sufficiently, make another of the same. Or else giue him a supposito^ry which is long enough, made of pure honye and Salgem.

For the windy cholike.

Through windines oftentimes commeth the colica passio, or iliaco, and then it appeareth that the paine is changeable, and moouing from place to place, and is knownen also by the rumbling, which is a noise in the bowelles, with griping, and great paine.

Remedy

Take mallowes, beetes, and mercury, of eche a good handfull, Maioram, Rue, bayes, and camomill, of eche a little handfull, anise seedes, cummin, of eche an ounce; make a decoction, and take therof a pinte and a halfe, and dissolve in it an ounce of Cassia, halfe an ounce of triacle, and threes ounces of oyle of linnen, or of Camomill, and make a glister, the whiche must bee giuen warme vnto the pacient, long before or after meate. In stede of the saide glister, yee may giue him a pounde of oyle of Linseede, which is a singuler thing to take away al diseases of the bellie. Also it is good to make a mixture with oyle of hemp, seede.

For to appease the paine caused of wind.

First make a glister of Maluesay, oyle of camomill or dill; If so the saide glisters the paine cease not, or els the pacient wil not take them: take a great sponge or else the felt of a hat, and stiepe it in wine of the decoction of rue, camomil, maioram, anise seedes, and cummin. And afterward lay it vpon the paine, as hot as the pacient can suffer, and foure times in the day it is good to let him drinke wine, wherain hath beene sodden rue seedes, carawaines, and cummin, drinke at every time a little draught, and eche day keepe abstinance from eating and dynking much of other things till ye be perfectly whole.

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A suppository for the windie cholike.

Take a drammme of rue, in fine pouder, and halfe a dram of cummin dryed and poudred, & with hony scummed, make a suppositorie.

A plaister for windie cholike.

Take two handfuls of rue, in fine pouder, Purre, and cummin poudred, of eche halfe an ounce, foure egges volkes, and make two plaisters with hony, and lay on the one at night, and the other in the mooring, vpon the belly.

Water of camomill or a decoction of the same dranken, is good for them that haue such diseases. Also a dryed acorne in pouder, and giuen to drinke in white wine is verie good.

If yee knowe that the paine of the bellie commeth through winde, applie vpon it a great bentose without incision, so by that meanes the said paine will surely goe away, or diminish. If not, it sheweth that there is some humours that cause the saide paine, as fleume or choler. If by fleume it commeth, ye must make a glister of a pinte of the decoction of Camomill, rue, wormwood, maiozam, mellilot, Centaure, anise seedes, and fenell, and in the same decoction put halfe an ounce of Hera picro or halfe an ounce of Diafinicon, and three ounces of oyle of vall, or of Lillies. Also ye ought to gine to the patient sirrup of wormwood, and to make application vpon his belly as hath been said afore, or to lay vnto it gromill seede, and baye saltē dried together, which layd vpon the belly, is like wise good for the windycholike.

If after the saide things the said paine continueth, yee must make a purgacion as followeth.

A purgation for cholike, comming of fleume.

Take fine drammes of Diafinicon, three ounces of wormewood water, and make a drinke, the which received fasteling, four or five houres afore meate, is very profitable.

For payne of the cholike comming of choler.

If the said paine commeth of choler, which is known when by the application of hot syngs the paine increaseth, yee must make a glister of violets, or gine him halfe an ounce of Succoratum

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rosarum with ptisan, endine water, or wine. And the next mor-ning let him drinke a pisan of the decoction of prunes, and vi-iolet floures, and annoynct the belly with oyle of violets, or wet a linnen cloth in colde water, and lay it thereupon. If it do con-tinue still the patient must bee set in warme water up to the hanches, and if the paine come of cold, ye must anoint his bel-ly with oyle of bayes and goose greace.

For the windie cholike.

If it be winde, make a glister of newe milke, with a little oyle, and the volke of an egge, for it is very good. Also it is good to let him drinke a dram of Hieracium simplex, with two oun-ces of water of Cardo benedictus, or purselane or wormwood, and to make a plaister of leake leaues fried in oyle and vine-ger, and layd vpon the belly.

Likewise it is good to drinke the juice of Enula campana, or the sirrup thereof and to weare a plaister vpon the belly, made of hony, and wormewood and Aloes.

A glister for all cholike.

Take the oldest Cacke ye can get the which must bee well beaten with small rods and then choppe of the head, and put in a good sufficiency of water, and scalde him and trim him so to seeth. And within the belly of the said cacke put ause fadnes, fenell, cummin, polipody, and the seedes of Carram, of ech halfe an ounce, Turbith, Sene, and Agarike, bound surely in a linnen cloth, of ech two drams, flowers of Camomill an handful seeth them vntill the flesh goe from the bones, and take of the sayde decoction a pound, and a quartren of oyle of Camomill and dil, and three or four ounces of eg ge yolks make a glister, which must be giuen warme, long before or after meate or drinke.

Pillule cochie are very good for the saide disease, specially when the glister doth not suffice to purge the cause of the same Also Diamusci and Diacrinium are very good lettuaries, if ye take of one of them a losinge falling two houres before meat. Likewise it is good to take Mithridatum, with a little white wine,

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Wine, wⁱth the decoction of Camomill, four or five houres after dinner, if his belly be naturally lax, or els by some suppository or glister.

Against disease of the reynes of the backe,
and the loynes.

Paine of the reynes is called Nephretica pafio, and com-
meth of some storne or granel, and it is most like the cholike
incure, but in causes they be cleane contrary; for the cholike
beginneth of the lower partes on the right side, and goeth vp to
the higher partes on the left side of the bellye, and it lyeth ra-
ther more forwardre then backwara: but Nephretica pafio be-
ginneth contrariwise aboue, descending downward, and euer
lyeth more toward the backe.

Also Nephretica is painfuller afore meate, and the cholike
is euermore greeuous after.

And often the cholike chaunceth sodainely, but Nephretica
contrary, for commonly it commeth by little and little, so e-
uermore before, one shall feele paine of the backe with diffi-
culty of vning. Item there is more difference for the colike shew-
eth drinessse, as it were coloured, but Nephretica in the begin-
ning is cleare and white, like water, and after waxeth thicke
and then appeareth in the bottome of the vessell, like red sande
or grauell.

Remedy for payne of the reynes.

Ye must use thinges aperitive, to cause you make water,
but afore yee ought to loose the belly in taking an ounce of
cassia, an houre before meat: but if your belly bee hard bound,
ye must take a glister made as hereafter followeth, before ye
take the said cassia.

A glyster for Nephretica pafio.

Take of march mallow rootes two ounces, mallowes, Vi-
ollets, Beetes, and marchmallow leaues, floures of camomil
and Melilot, of eche a handfull, Mellow seede and aniss seede
of ech halfe an ounce, wheat branne an handfull, and decoct it,
and take therof half a pound, & distemper in it an ounce of cal-
fia, an ounce of course suger, ii. ounces of oile of violets, and an

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ounce of oyle of Litties, make a glister. In stead thereof yee may take colves milke, with two e gge yolkes, in manner of a glister. And it is to bee noted, that in such a disease the glister must be great in quantity, or els ye should make wretting and rumbling in the bellie, which shoulde bee an occasion of more pain. After this operation, if the paine be not appeased, ye must give an other glister, after the operation of which, the pacient ought to goe into some bath, vp to the nauill, wherein must be sodden mallowes, march mallowes, beetes, pellitory, linsede, Fenugreeke, and flowers of camomill, with melilotte, all put in a bag in the saide water and rub him with it: and at his going out of the saide bath, yee must take two ounces of sirrup of maidenhayre, and radish, with three ounces of the decoction of liko rice. Moreover, after the saide bath, yee must lay vpon the paine, a pultesse made of hearbes and flowers, with oyle of almonds, beeing in the saide bag, and two or three morninges take v or sixe ounces of the broth of Cycers, sodden with Liko rice, or els drinke water of Pelliote, of cresses, or of rootes appetitive, the which waters are very good for to purge the grauell and the stome.

Likewise a very good electuary for the same, called Electuarium ducis, or Iustinum, Philantropos, or liontripon: if one take a dram or two after operation of a glister, of Cassia, or a pill of Antecibum, and after to drinke one of the said waters, or els a little white wine warmed.

Regiment as well for the cholike, as for the reines
of the backe.

He must flee from all euill qualities of the ayre, as winde, raine, great heate, and great colde, specially to keepe hym so warming the reines against the fire, nor to heat it by any other means. Also he must abstain from great repletion at one meale, and too long abstinence from meate: for al these fill the body full of ill humours. Also sleepe not on the day, specially after meat, nor lyne not on the reines when yee are a sleepe. And ye ought to eat no salt fish nor no beste nor other grosse meates,

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meates. Likewise one ought to beware of all soules b̄ed vp in the water, spicerie, pastry, and b̄read not very well leauened, specially Tartes, cakes, and other pasties made of floure. But aboue all, yee must beware of white meates as milke, cheeze, raw fruities, hard eggs, and as much as is possible, keēp your self from iſe, envy, Melancholy, and other like affections.

For the flux of the wombe.

If all flures of the belly, cause the excrements, to be duly serched for; if the disease bee ſuch, that the meat commeth out, even as it was receiuſd, nor not halfe digested, the ſaide flure is called Lienteria. If great abundance of watry humors haue their iſſue below, the ſaide flure is named Diarthea, which is as much to ſay as flur humoral. And if bloud or matter appear with the excrements in the ſicknes, then they call it Diſſenteria, which is a great disease and a dangerous foꝝ to cure.

Remedy for the flux Lienteria.

¶ Oſt alſmuch as the flure commeth for the moſt part of great debility of vertue retentive of the ſtomacke, for the great moistnes of the ſame, it is good to giue the ſirruppe of wormewood and hony of roses, taking of it with a ſpoone, or drinke them with the water of betony, ſenell, and wormewood, and if it ſo be the pacient do desire to vomit, it woulde be good for hym, or let hym take halfe an ounce of Hieracium ſimple, with two ounces of water of wormewood, & if the pacient be ſtrong enough, ad thereto ii. drams of Diafinicon. And after this ye muſt comfor the ſtomack with oyle of mastik, ſpike, mint, wormwood, or Nardine, or with a playſter called Cerotum Galeni, ſpread vpon leather, and after layd vpon the ſtomack, or make a bag of wormewood, mintes, and maioram dyed, and lay it vpon the ſtomacke. In the morning take a loſenges of Aromaticum roſarum, and a little rinde of citron conſit, and before euery meal, take a morsell of conſerue of quinces.

Remedy for the fluxe humorall called Diarthea.

The ſaide flure ought not to be ſtraiſned afore the ſoures,

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Ieenth day, if nature be not very much enfeebled.
And sometime it commeth of hot causes, as of choler, and then
one ought, to gine vnto the pacient to drinke afore his meate,
sirrup of ribes, sirrup of roses, or sirrup of quinces, very smiths
water, and in the stede of those sirrups yee may make a Iulep thus.

A iulep for the fluxe humorall.

Take rose water, buglosse, and plantaine, every one halfe a
pound, of al the saunders two drams, and with a quartreyn
and halfe of suger, make a iulep. In the morning two houres a-
fore meat, it is good to give the pacient olde conserue of roses,
or a dram of trociskes of roses, after he hath drunke one of the
sayd sirrups, or of iulep of roses with a little of smithes water,
whereof the pacient ought to drinke at every time when he is
a thirst, if in the sayd flur there bee eger matter, & the strength
of the pacient any thing constant, ye may minister the lanato-
rie that hereafter ensuet.

Take red roses, barley, plantaine, of every one a handfull,
seeth them, and in the strayning ad tws ounces of oyle of Ro-
ses, one ounce of hony of roses, and the volke of an ege, and
givie it in maner of a glister. Sometime it is expedient to take
a medecine by the mouth, and it is made as thus.

A medicine for the Flux.

Take the rindes of Mirabolian citrin Bacon one dram, ru-
barb a little dyed vpon a tile, halfe a dram, sirrup of quinces
one ounce, water of plantayne three ounces, mingle all toge-
ther, and let the pacient drink them fourre houres before meat,
and then give him a glister retentive made as thus.

A glister for the fluxe.

Take oyle of roses, or quinces, of mastik, of every one three
ounces, Bole armoniak in pouder two drams, meddle all to-
gether, and give it as a glister.

An other.

Take the iuyce of plantaine, of poppy, of Bursa pastoris, and
oyle of quinces, of every one three ounces, mingle them toge-
ther, and give it soz a glister. And if the bowells be excoiat, ye
shall

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Shall give this peculiar remedy. Take halfe a pound of milke, the water wherein gaddes of steele hath been quenched the iycce of plantaine, and oyle of quinces of euery ons two ounces. Boile armenie one dram, goats tallow one ounce, and make the in a glister, but without vpon the stomacke, yec must lay this oyntment that here followeth.

An oyntment for the fluxe.

Take oyles of Rose, quinces, and mirtils, of eche an ounce. oyle of Pastike, powder of cozall, and Nuts of Cipres, of euery one a dramme, mingle all with wax, and make an oyntment. Here is to bee noted, that the glisters that are giuen for to stop a flux, must bee verie little in quantity.

Ye may heale the flux of Dissenterie with giving things before declared for the flux humorall, & take before your repast two drams conserue of quinces or of marmelade of quinces. And hee ought to drinke water, wherein hath been quenched Gads of steele, and ye must auoide diversity of meates, and giue your selfe to ease, and to quiet and sleepe a great while.

And it is good to vse grewell, cleane barley, and almonde milke, with a lyttle Amidum, and set vnto soles vpon the bellye without cutting, which thing is also good in all fluxes of the body. If the saide fluxe humorall proceedeth of sicume, it shall appeare of the excrements that are watry and flegmatike, & then ye ought to giue thre or foure mornings, sirrup of wormwood, or of minte, after purgation as is here following.

A purgation for the fluxe humorall.

Take two drams of Mirabolanes dyed on a tile, halfe a scrapple of Agarike in trosciske, halfe an ounce of sirruppe of mintes, or two ounces of water of bayme, and make a potion that shall be received thre or foure daies afore meat.

If yee will make a iulep, take water of mintes and of bayme, and of euery one halfe a pound, suger a quartern, and make a iulep, of the which one may drinke euening and morning after meat every time a draught. Querie morning it is good to take a losenge of the electuary that followeth.

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A noble electuary for the fluxe.

Take pouder of Diagalanga a dram and an halfe, of red corall,
and Mastike, of euery one a scruple, Troscisces of Ferrasigilata
halfe a dram, the barkes of citrons, confit, and quinces, of
euery one iii. drams, suger, dissolued in water of mintes, four
ounces, make an electuary.

Dyles of wormewood, minte and of narde, and mastik, are
very wholesome to anoint withall the belly, and the stomacke
for the saide fluxe.

And the thinges declared of the fluxe Lienteria, be very good
in this case, taking euer after meate, a morsell of marmalade,
redde wine is very good in this fluxe, to drinke at meate, with
the water of a smith, and likewise all spices are good for the
same purpose.

Medicines to restraine the fluxe, of what souer
cause it be.

Take the peissill of an harte, and dry it into pouder, & drinke
it. The water of Dken buds, or the very acorns dried and
made in pouder, and drunke in red wine, is very good.

Item the malw of yong Leueret with the iince of plantain,
is exceeding profitable.

The x chapter of diseases of the matrice.

First against superfluous flur of the mother in the which ye
must consider whether it do come of too great quantitie of
bloud, and then it is good for to open the vaine Saphena, and
abstaine from all things that multiply the bloud, as eggs, wine
and flesh, or whether it come of choler, and then ye must receive
a little sirrup of roses, Pomegranates, or ribes with water of
plaintaine. Then purge the choler that giueth sharpenes to the
bloud, by x. drammes of Trifera seracenica, with two ounces of
plantaine water, or the medicine of rubarb, written in the tre-
tise of the fluxe humozall.

After purgation yee may giue every morning a Losenge of
Triasandalys, or a dramme of troscisces of roses, in pouder, after
drinke two ounces of plantaine water. And if such flur of the
matrice happen of the matrines of blood, giue her to drynke
four

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soure or five morninges, honye of roses, with a little water of wormwood, afterward purge her with a dram and an halfe of Agarike in troscisks, and haſſe an ounce of *Lilfera Laracenica*, mirt with water of minte, and of wormwood.

Yee may know the causes of the said flur by annoyncting a thred or clout in the said bloud, for if it hath the colour of vermillion, it signifieth that the flur commeth of too much bloud. If it appeare a little yellow, it signifieth that the disease commeth of the subtilitie and sharpenes of the bloud overcome with choler: and if it hath a colour like the water in whiche newe flesh is washed, it betokeneth the bloud is much watry.

And after ye haue purged the principall cause of the disease, your seconde intention shalbe, by and by to staunche the saide flur. Wherein also one thing is to be noted, that if nature be accustomed to auoid any superfluities, by continual course of the saide flur, it would perchance be inconuenient for to stoppe it, wherforis if ye see no iepardy, yee may restraine the sayd flur this wise.

Remedy for to stop the saide flux.

Take troscisks of white amber, and make them in powder, and give a dram every morning, & anon after drinke an ounce, or two of water of plantaine.

Insteede of these troscisks yee may make a pouder of *Sanguis draconis*, Bole armeni, white amber, and red corall, drinke one dram thereof, with plantaine water as is aforesaide.

An other medicine to staunche the sayde flux.

Take two ounces of olde conserue roses, of the seede of plantayne, two drams, *Sanguinis draconis*, Bole armeni, of euerye one a dram and an halfe, white corall and red, one dram, make a confection with sirrup of mertils, and give it to drinke, morning and euening two houres afore meate, at euery time the quantity of a meane cheſnut.

For the ſame.

Applie venteres vnder the breastes, twise a day, before dinner and supper, and vſe to beare about your necke or holde alwayes

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waies in your hand , red Corall, Iaspis, or a stome called Hemerites, which is a singuler remedie to stoppe euery kynde of bloudie flires if it be boorne, or tempered in wine and drunke, or make therof a powder and vse of it euery morning with a little wine.

For retaining of the flowers.

Sometimes there chanceth vnto women when they can not haue their due purgatiōs, to fal in greuous kindes of sicknesses, for the auoydance wheroft it is good & to help them provoke the said purgations by such thinges as open, which must be giuen at such time of the moone , as the saide women were wont to haue the same.

And if yee see the womans bloud to be too grosse and thicke, so that she cannot haue any such purgation, ys must every meyneth giue her the sirrup of sumeterie, with the decoction of borage and buglosse and let her bathe her selfe with fresh water hot.

And when she goeth out of the bath into the bed, she must receiue the foresaide sirrup and the decoction of the heale be called Rubeatinctorum or madder, sodden in cleare water. In stede of sirrups ye may take the verie juice or decoction of the herbs.

And if the womans bloud be slimie, cold , & flegmatike, the shē must drinke sirrup of Sticados and of Oximele Diurelike, and afterward take the pilles called Fetide, and of Agarike. And euery morning after that, shē must take a dram of roses de mirra with two ounces of the decoction of Juniper berries, or two drams of Drifera magna , and thereupon drinks two ounces of water of Mugwort.

And if perchaunce yee can not haue these things at neede, ys may take two ounces of the decoction of Alisaunders, the roote of smalage, cinammon, and a little Saffron and leather. Drinke therof ȳ times a day, & eat no meat, the rafter during iij hours.

Moreover it is approued and experie medicine, to giue the first day of the newe moone a dram of powder made of Borac, which the Goldsmithes doe occupie, with asmuch Cinammon, and a little water of smalage.

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Also it is very good to haue the vaine opened, which is called Saphena, that lieth outward betwene the instep & the heele.

And if case so be that the said retention eoe of superfluitie, or to much abundance of fat, then the chiese remedy is to suffer much hunger, and to eate verie little, much exercise and labour to prouoke sweate, and to sleepe as little as may be possible.

But if it come of grete debility and weakes of the body, when the natural strength is overcome by reason of some sicknesses or after a long ague, in this case yee may not goe about to prouoke the said purgation, but with all your indeuour seeke to restore nature & giue the patient thinges of much nourishment, as potched egges, good flesh and good wine with other like.

Sometime the said retention commeth of excessive heat of nature, in some women, speciall such as be valiant and strong as men, & those that are wont to much labour by reason wherof the heat of their bodies is so strong, that they neede none of the saide purgations, for the superfluities of their bodies, are sufficiently consumed of the heat alone, therfore they haue no neede of the said remedies.

For choking and suffocation of the matrice.

The matrice or mother in a woman oftentimes mounteth towarde the middrie and the stomacke with intollerable paines, and is called Suffocation, because that it is choked, or ouer charged with some euill and superfluous matter, as by stopping of the due purgations or to much obstinēce of Venus, wherby it often chaunceth shorntnes of b̄reth, paine of the head, fowning, trembling of the heart, contraction of members, and otherwhiles death without remedy.

A medicine for the said diseases.

YE must rubbe the legges and wreates of the armes vheimently, and bynde them with cordes, or with garters, till they ware soze, then set bentoses vpon the leggs, and all to chafe the stomake specially beneath rounde about the nauell.

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And then ye must constraine her to smell stinking thinges, as Aissa fetida galganum, partrige fethers brent, and the quenching out of candels, with other such, but beneath you must apply thinges of sweete odour, as Gillofowers, maioram, Lignum aloes, ambar, ciuet and a fraske of Gallia muscata, and let her drinke a draught of this recite that followeth.

A drynke for paine of the Mother.

Take one draught of Mithridatum, and dissolve it in an ounce & halfe of water of wormwood, & giue it to her to drinke, afore shes goo to meat foure houres.

Diuers goodly medicines for diseases of the mother
whatsoever be the cause.

Take the rasing of zuory, & the rassing of an harts horne,
with the haire of an hare, dried and made in pouder, and as
much of goates clawes brent and poudred if they may bee got-
ten, or isteede of it shuepes clawes, take all these, and vse to
cate them in your pottage or otherwise, to stop the flures of the
matrice.

An other to prouoke them.

Seeth Marigoldes, nept and sauine in good ale, and drinke
it with a good quantite of Hassfron, and a little hony o; suger.

Akerib. black seedes of Pionic, drunken in wine with saffron, purgeth the matrice of humours: and other r. b. of the red
seedes, stauncheth it againe, o; any other flure of the mother.

Another

These hearbes are good to purge the matrice, Rue, Pyony,
sauine, betony, nept, Valerian, maidenhaire, hozehound, sauery
persely, gromell, alysander, marigoldes, Smallage and time.

The xi. Chapter of the cure of the stone in the
reines, and in the bladder.

Paine of the stome is one of the most enormous paines that
the body of man is vexed with, so by it many times the na-
turall vertues are destroyed, women loose their fruit a soe the
time, cruell and perillous accidentes commonly doe increase,
yea and oftentimes doth without remedy.

Wherfore it shall bee expedient to the comfort of the poore
folkes,

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folkes, and other that be greeued, to write some good and hole some medicines for avoiding of the stone.

And seeing that all authours dee affirme the stome to be engendred by reason of the great heate that is about the reines, straitnes of the condits, and abundance of grosse and clunye slemme, or of brentholer, which by the said excesse of heate, is as one would say, baked or dryed as clay is in the furnace, and so at last becommeth a harde stome, therfore it is chiefly to bee noted that without amending of the foresayde causes, all that yee doo minister for to breake the stome is either hurtfull to the pacient, or els of small effecte. For the whiche cause it very necessary that the pacient keepe a sober diet.

And for the better vnderstanding yee shall know, that all wines (whether they be sweet or sharp, grosse or subtil, white or red are in this case utterly rejected.

Pulses also of what kind soever they be, as Pease, beanes, and such, and all grosse fleshe, and water soules, and soules of great bodies, as Bustardes, Cranes, and such like, are in this case very dangerous and noisome.

Also yee may eate no kinde of fruits, except it be a few Melons, ripe prunes, in small quantity, and Pomgranates, with a little Suget and Corianders.

Of hearbes ye may eate borage, buglosse, percrely, Lettuce, mints spinage, and succozie in broth of veale, or of a yong chicken. Pepps also and rapes and radish, in a smal quantity, may be well enough permitted.

Potched eggs are very good in this case, with a little vertine, but in any wise beware of harde cheese, for that is oftentimes the onely cause of the said stome. All shell fishes are to be auoyded except it be a creuisse, or a shrimpy, measurably taken.

Ye must also take heed that ye eate no pepper, nor hot spicess, nor no meats that are salt, soure, or heauy of digestion, and that you lyend on your backe at nightes, when yee are a sleep. And ye ought to keepe your reynes cold and moist, and to let your backe be vstrussed in somer.

After yee haue vsed this regiment or dyet by a certayne sea-

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son, it shal bee good for you to take an ounce of Cassia newely
drawen out of the cane , and eate it with a little suger in the
morning.

This you must vse every seconde weeke , till in time your
reines bee merte well cleansed of the same, and every day eat
a little Cassia, vpon a knifes point, to keepe your belly moist,
for that is one of the things that are most required in this cure.

And at diners other times when ye be disposed, ye may take
a little of this receipt hereafter, which hath great vertue to mun-
difie the reines, and to bring the humours to equality, with re-
leasing of the paine, and bringing out the grauell.

A goodly sirrup to mundifie the reines.

Take the broth of a young chicken sodden til the bones fal
asunder, three pounde, Melon seedes a little brused an ounce,
parsely rootes, and alisander rootes throe ounces, Damaske
prunes, Depesten, of eche sixe in number, great raisings halfe
an ounce, cleane likozice ten drammes, waters of Borage, eu-
dive, and hops, of eche three drams, and with sufficient whyte
Suger, boyle them al vnto the consumption of the half a myre,
and afterward streyne them, and make a goodly sirrup.

This is a thing of excellent operation, and an high secret in
mundifying of the reines if yee keepe the diet as is afore de-
scribed. The dose of it is one Ciath or a little cupful in the mor-
ning early, and sleepe after it a little. If yee woulde haue the
foresaide sirrup to purge more choler, then put in it a dramme
of fine Reubarb, with a little cassia.

Hereafter followeth a pouder of excellent opera-
tion in breaking the stone.

Take the kernels that are within stones, and dry them on a
tile stone, then make osit a pouder by it selfe: after that
take the rootes of Alisander, parsely, Parietory, and holibock;
of every one a like much, and seeth them all in white wine or
els in the broth of a young chicken, then strayne them out into a
cleane vessell, and when yee dynke of it , ad as muche
of

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of the said pouder as ye thinke conuenient, halfe a siluer spoonfull or more, soz without doubt it hath greate effecte in bringing out the grauell.

An other expert medicine for them that haue the stome.

There groweth in the galles of some Dren, a certaine yellow stone, sometimes in bignesse of a Walnut, somewhat long and brickle. If ye take that stone and make of it a pouder, and eate it in your potage, the weight of one scruple or more according to your strength, it is a singular medicine to them that cannot passe for stopping of the condites,

An other singuler medicine for the stome,

Take the seede of Malage, percelly, lonage, and Saxifrage, the rootes of Phillippendula, cherystones, gromill seede, and broome seede, as every one alike much, make them in fine pouder, and when ye be diseased with the stome, eate of this pouder a spoonfull at once in potage, or in broth of a chicken, and eate nothing after two or three houres.

The xiij. Chapter of remedies for the Goute.

The paine in the iointes of a mans body, as in the handes and feete is generally called Arthritis, or goute, which proceedeth sometimes of debilitie of the sinewes being lass and vnable to consume the humours, that continually doe flow unto them.

And for the most part they are all deriuued from the member Mandane, that is to say, the braine, for hee is very grosse, & engendreth euer humours in himself, by reason whereof, much of the said humours are deriuued into the nuke and muskels of the backe, and fro thence they descende into the feete, and then it is called Podagra, or to the huckle bone, and then it is Sciatica, or els into the handes, and there it is called Chiragra.

Remedie.

For as much as all the saide kindes commeth of one beginning, as is shewed afore, and for the better expedition in that we will be byleser: ye shal first take away the superfluous moisture of the braine, which is the roote and fountaine of all the

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said diseases, and that ye may do foure manner of waies. The first is obseruance of diet inclining toward drincke, and to avoide all fulnes of meate and drincke, and not to slepe in any wise shortly after meate. And yee must beware that ye eate no vaporous meates nor thin wine, nor drincke much after supper, and if the paine bee very sharp, it shal be much holesome to the pacient, to abstaine from all kindes of wine, and to vsse himselfe to small drincke, which thing if he cannot doe, then let hym drinke claret wine mixed with a god quantitie of water.

The second is to purge the braine once a month, with the one halfe of pilles of Cochies, and an other halfe of pilles Assagareth. And in time of hatuest, and of sommer, with pilles Sine quibus, and pilles imperiall, whereof ye shall giue one dram the night before the full moone, & the day following yee may giue him to eate a little broth of Cicers, with a littel quantity of raylyns of the sunne: and so by halfe a year.

The thirde is to represso the fumes that ascende into the braine after meate, which thunge may well be done by eating of a little dredge, made of Anise seede and Coriander.

The fourth is to perfume the brains with certain things confortative, as for example thus.

A good perfume against moistures of the braine.

Take fine Frankensence, Sandrake, and Mastike, of every one an ounce, of Lignum aloes a dramme, make them all in grosse powder and perfume therewith stoups made of flax or of cotton and lay upon the head.

And when ye haue by this means well and duely comforted the braine, and defended of the originall cause of the sayde disease, ye shal procede to take away the matter conuent, that is descended unto the sinowes, and ye shall begin thus.

First ye must preserue the body from engendring of humours in taking every morning next your hart a conserve made of atkons, & of aduers of rosemary, mingled with a little Nutmeg & mastike, & if ye be of power, ye may drinke a good draught of Apecraso, other spiced drincke, after meate, at dinner, & at supper.

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Secondarily, ye shall understand that whosoever doeth intend to be holpen of the gout, he must every yere two tynes, preparing first the matter to digestion with srrup of Succados, and Duabus Radicibus, with the one halse of waters of Sage, Primroses and Margerum, in manner of a spiced iule p with Cynamon, taken fine continuall morninges two houres afore you eat any meate. And after that, ye must receive a dram of pilles called Arthremikes, or Hernodactiles, or of both together equal portions. Or take halse an ounce of Diacanami two houres after night, and of Diaturbith, of every one two drams, with a little srrup of I sop.

The rest of the sayd curation shalbe accomplished with the applying of diuers locall remedies, whereof there bee sundrye kindes of sortes heere declared.

Ye ought to rubbe the place that is sore, with oile of roses and a little vineger, and after sprinkle upon the same fine powder of Mirtils, which is another plaister also as heereafter followeth.

A plaister for the gout.

Take of the emplaster called Melilot two ounces, Popule, on an ounce and an halse, red roses, Mirtils, and flowers of camomill, of every one a dram, make a plaister and lay upon the gouty toynt.

An other. Take the iuyce of coleworts and of wallwoort, and with bean flower, and pouder of red roses, and the flowers of camomill, make a plaister and lay it to the sore.

An other.

Take syle of roses, crummes of bread, yolkes of egges, and towes milke, with a little saffron seeth them together a little as ye would make a pudding, afterward spred the vpon clouts

and lay vpon the sore.

An other. Make Lie of the ashes of rosmary, or of oaks, or of beane stalkes, and boyle in it Sage, moleins, primrose camomil, and Meliloke, and receive the same vpon the sore place, or wet clouts in the said decoction, pres the and lay them vpon p pain.

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And the saide remedies are very good to swage the pain of the gout, after the which done, it is necessary to goe about the comforting of ioyntes and sinowes, and to that intent yee may apply the greace of pyes, oyle of camomill, and of Althea or Holihocke, oyle of a Foxe, oyle of earth wormes, oyle of primroses, turpentine, oyle of gromell brayd, wherewithall, or with one or two of them yee maye annoynct the soore place, and comfort both the sinowes and the iointes maruelously. Also this oyntment that followeth is singuler good for the same purpose.

Take ffeare or sixe handfuls of Walwoort, and seeth the well in wine, then straine them, and with a little wax, oyle of spike, and aquanite, make an ointment wherewith yee must annoynct the place morning and euening euery day.

An other remedie for the gout.

Take a fat goose and plucke her, and trimme her as if shee wold be eatē, then stuff the belly within with two or thre yong Cattes, well chopped in small gobets, with an handful of bay salte, then sowe her vp againe, and let her roste at a small fire and keepe the dripping for a precious ointment against al kinds of goutes, and other diseases of the iointes.

Medicines for the gout appropriate in all cases.

Take Cowes dunge, and seeth it in sweet milke, and lay a plaister to the goute hot.

Also the yolkes of Egges, womans milke, Linesede, and Saffron altogether in a plaister, swageth the diseases of the Goute.

And if ye be disposed to breake the skinne and to let the humours issue (as by such maner one is eased) ye shal make a litle plaister of blacke Sops, and Aquanite, which will blister it without any great paine.

Also very olde harde cheeze cut and sodden in the broth of a gammon of Bakon, and afterward stamped with a litle of the broth, and made in manner of a plaister, is a singuler remedy for diseases of the goute, and was first practised of Galen the prince of all Phisitions.

Of Life.

A praier to God for helpe, against the perturbations of the minde.

O Lord my God almighty, Father and ruler of my life, my
helth, my strength, my redemer and protector, send unto
me þeauely beames of thy holy spirit, to illuminate the dark-
nes of my sinfull heart, and to guide me to thy holy place. Dhele
me the light of thine abundant mercy (O Lord) that I may
no longer sleep in deadly sinne. O onely father of Light whiche
in very deede doest lighten every man that committeth into thyss
world, for thy great mercies sake it may please thee to lighten
the eies of my heart and to endue mee with the spirite of grace,
that I may look vpon mine owne sin, the great offences wher-
with I haue offended thee, and to know that in my selfe there
is no manner strength, for to withstand the death, but onelie
through thee.

And I beseech thee, O Lord, to couer these my carnall eies
that they see no vanitie, and give me thy grace, that I fall not
into concupisence, to the ende I may eschew all euill thinges
and give my mind wholy to the obseruation of thy commaunde-
ments. O Lord God I beseech thee, that sin may not raigne nuz-
tary in mee, and that I be not subiect to mine owne fleshely ap-
petits, but that I may expell out of my thoughts all vnlawfull
lusts, so that my soule and al my minde may be set wholy vpon
thee. Lord God suffer not my soule to bee oppressed, but receive
me into the protection of thy holy hand, and dispise not me thy
simple creature, whom thou hast redemeid with the most pre-
cious bloud of thine onely Sonne Iesu Christ. Thy mercy O
Lord is aboue all that thou hast made, for thou doest defer the
punishment of the wicked, if perchance they would amend at
last, thou louest all that thou hast made and hatest none but for
their owne iniquities. And when the wicked turne againe to
thee, and cry vnto thy holy name with all their heartes, by and
by thy mercy is ready to receive them euen as I most detesta-
ble sinner come with heart contrite vnto thy mercy this day:
that I may obtaine remission of my sinnes. To thee I cry out
of

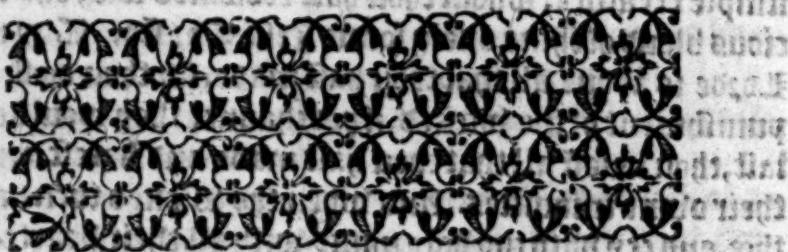
The Regiment

of the very depth and botome of minis hart, goe not away from
me my maker and redeemer, but heare the supplication of my
p̄ayer. For thou art mine onely hope and mine inheritance in
the land of liuers. I haue sinned, I haue sinned (O Lord) and
heaped vp iniquite, even against heauen, and aforz theſe.
But I knowledge mine offences, and desire mercy according
to thy goodnesse. Destroy me not (O Lord) among sinners, nor
let me descende into the lake of death, that I unworſhy crea-
ture being made worthy onely by the bounteſtnes of thy grace,
may from henceforth live in thy commandement, loue, ho-
nor, and p̄aise theſe. For all heauenly powers, Angels,

Thrones, and dominions, laude and
praise thy holy name world without end.

Amen.

The ende of the Regiment of Life.



Heere beginneth a godly brief trea-
tise of the pestilence, with the causes, signes, and
cures of the same: composed and lately recognised

by Thomas Phayre, studious in philosophy and
Phisicke, to the ayde, comforte, and vs-
lise of the poore.

To the good Reader a Preface of
the authur.



First, that God almighty father and creator of all
thinges, had by his unsearchable prouidence ordai-
ned mankind to eternall felicite and joy at the be-
ginning, he thought it not enough to haue created
him of nothing, a body most excellent, perfect, & pure
both in members and sences, above all other his cre-
atures here in earth, but also of his unesmeable goodnes, endued him
with diuers and sundrie gifte of grace, as wit, understanding, wimde
and reason whereby he might not onely (as neare as is possible) approach
unto him in the knowledge of his beatlyng maiestie (as concerning
soul) but aswell imagine, search and finde out, by all manner waies,
aydes, comforts and remedyes, whereby also the body might be saued
and defensed, against all assailes of any thing that shoulde annoy it: so
bounteous and plentifull are his gifte implanted in our nature, that
of all creatures we might haue beeene the happiest. But after that sinne
had entred into the world, and by sin deaeth (as Saint Paul saith)
our corrupt louinges haue made us more corrupt, so that nowe the life
which we leade here, is not onely verie pleasant unto the most of men,
and if it be to some, yet it is uncertayne, mutable and short, but to ma-
ny other, it is exceeding greevous, sorrowfull and tedious, subiecte to
diseases, infirmitie, and calamities innumerable, which for the most
part do encreaſe dayly, euer the iust vengeance of God falling upon us
for our grete abominacions, and without doubt will encreaſe mo-
dore, unless we do repente and lye in his commandementes. And to
possess generally the whole swarmer of ſo many, both old and new diseases,

L

wherewith

The Preface.

wherewith the body of man (alas for our sinnes) is continually torment-
ed and vexed, to speake nothing of these common and familiar infirmi-
ties, as Lepries, Agues, Caukers, Poxes, Goutes, Palsies,
Dropsies, reums, Pebrikes, other out of number, whiche as
if they had conspired to fighte against Physitions, can scantily be ap-
peased with any cure of medicine, what paine or punishment can there
be imagined to put vs in remembrance of our own wickednes, cause
vs to detest our abominable livinges, and to call for mercy with la-
menable hearts more then this onely plague & scourge of God commo-
lie called the pestilence? Is there any sicknes that is halfe so violent, so
furious and so horrible, as this sicknesse is? What disease is there in the
World so venomous in infecting, so full of paine in suffering, so hastie in
demonring, and so difficulte in curing, as the plague is? And yet are we
now a daies so stubberne and so froward, or els so drowned in the myre
of filthy and carnall appetites, that wenothing do regard these open and
manifest tokenes of our condemnation in the sight of God, but apply our
whole studie to perseeue in our sinnes euer worse and worse: Wherefore
it is no maruell though the said disease increaseth, but rather to be fea-
red, that almighty God will poure his indignation upon vs with some
other kind of plague more violent and terrible then the same is. But to
them that doe repente, and put their onely trust in him, who can do bne
wonder at his infinite benigntie and goodnes, that even in the mid-
dest of all the said afflictions, provided they of remedie, least they should
dispaire: cures b. and amendeable, all their grievous sores, languours
and diseases: be created medicine even out of the earth, and of the wise
man it shal not be despised. And surely amongst al other sicknes, is there
none so daungerous as the said plague, for any man to cure by the
way of medicine: for it turneth it selfe in so many manner of kindes,
likenesses and fashions, that they that are infected, are many times dead
afore it can be knownen that they haue the same disease, which thinge
although many noble and moche excellent learned men haue in times
past warshly considered, & therupon according to their singuler know-
ledge and industrie given to them of God, haue written upon the cau-
ses, signes and cures of the said disease, so exactly, so learnedly and with
so great eloquence, and cunning, that thereremaynothing either to
be omitted, or possible to be added, to the perfect creation of the same:
and

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and so it woulde bee bard for a man of my slender wit, to invent the thing that they haue not inuented, muche more in vaine shoulde I goe about to write the same things that they haue wrtten already: yet notwithstanding, for as muche as this disease when it once beginneth, infecteth none so much as the common people, among whom it is not giuen to all men to understande the foreside volumes, if they had them present: much less can they get their health by their owne imaginacions or experiments, specially when almost no phisition will vouchsafe to visite any such infected of the common sorte (so great is the daunger of this cruell sicknes) by reason wherof, the pacients cast themselves oftentimes into despaire, and so many of the poore people, creatures of god, which by good medicines might well enongh recover, for lacke of such knowledge are utterly destroyed and cast away to the great pity of all christian heartes, contynall ruine of the common wealth, with divers other greeuous and huge incommodities as is dayly scene where the said disease raigneth.

I therefore at the reuerence of almighty God, and for the loue that I beare unto mine euene christen, according to the talent wherewith the Lord hath indued me, under the correction of my frends the phisitions, haue taken out of divers and sundry volumes, of the moste famous authours, that haue most exactly written of the said disease, one peculiare, certaine and compendious treatise, adding thereto such wholesome and singular remedies, as I my selfe haue proued, and know to be effectuall, in curing of the same. Desiring God almighty, be onely auour and restorer of al healethe, so to guide the hearts of his suppliants, that the said medicines may take effect in them, according to his gifte:

and as for my labour, I do nothing desire, but the lone

and fauour of the gentle readers, whens

I pray God continually to in-

crease in all goodness.

(***)

Alas! byt alio hauinge resorted to astrologie, O

-gister it alio hauinge byt **L** **E** **S** **E** **A** **R** **C** **O** **B** **T** **I** **D** **W** **H** **E** **P**

to the publike office in the city of

London, anno 1593, by divers of the

best

*What is ment or signified by this
worde Pestilence.*



Pestilence is none other thing but a venomous infection of the ayre, enemie to the vitall spirites, by a certaine malicious and euill property, (and not of any quality elementall, that is within it selfe.) For euuen as pure triacle is a comforter of life, not because of heate, colde, moistnes, or drynesse: but so; as much as out of all his composition here, trebouneth a certayne forme, agreeing to the forme of the vitall spirites of our bodies, so is the foresaid vapour enemie to our natures, not so; any qualitie, as is said before, but so; that his proportion is direct euuen contrary to our vitall spirits, consisting in the hart: which vitall spirites, if by the will of God, and ordinary diet, be stronger in the pacient then the foresaid vapour is, they draine from the body, and will not be infected. And if it happen that the foresaid spirites be weaker then the venome, or the body full of humours apt to putrefaction, then it doth incontinent assault the lively members: & except remedie, bring the body quickly to destruction. But when we do say the vapour to be venomous, we moane not that it is a son of it selfe indeed, for then shold every creature bee indifferently infected, and none shold escape that draweth in breath: but I call it venomous for that it is of such a naughty quality, that it may be lightly converted into venom, that is to say, apt to burning and corrosion, as do Mercury sublimed, quicke lime or rattes bane, or other such like kindes of venomes. Thus ye may perceiue that all the great daunger that is in this disease, commeth of the naughtines of humours, which are made apt to receive the said vapours, and not by violence of the infected ayre only.

Of the fourre rootes, or causes principall of the sayd disease, whereof it dooth arise and growe, and why it raigeth more in one time then at an other.

THe first roote superior and cause of the pestilence is the will

Of the pestilence.

wil of God rightfully punishing wicked men, of which rof the holy scripture treateth in many places, as in Deut. the xxviii. chapter, if thou wilt heare the voice of thy Lord God and work and fulfill all his commaundements, the which I command to thee this day, thy God shall make thee moze excellent then all the people that be upon the earth. &c.

And in diuers other places, he giueth many blessings to them that keepe his lawes.

And likewise to the people rebelling and breaking his commandementes he threatneth many curses, as where he sayth:

If thou wil not heare the boyce of thy Lorde God, to keepe and worke all his commaundements, which I command thee this day, there shal come vpon thee these curses, and catch thee. Thou shall be cursed in the cittie and in the fiede, thy barnes shall be cursed, thy living shalbe cursed, the fruit of thy womb shalbe cursed, the fruit of thy ground shalbe cursed, the heardes of thy sheepe and cattell shalbe cursed, thou shalt be cursed at thy comming in, and cursed at thy going out. Also a little after he sayth: the Lorde shall ioine to thee the pestilence, till he hath consumed thee out of the earth, to the whiche thou shalt goe to take possession. The Lorde shall strike thee with pouerty, feuiers and colde, burning and heat, and with a corrupt ayre. &c.

Also in another place. The Lorde shall strike thee with the pestilence of Egypt, and the part of thy body, by the whiche thou auoydest thy young with a scab and yle, and shalt not be able to be cured thereof, and let the heauen that is ouer thee, bee as hard as brasse by cruell constellations, and the earth on which thou doost tread, be like iron that ever wasteth, and waxeth worse and worse.

There be many maledictions which our Lord hath threatened the rebellious people withall, expressed in many places of holy scripture; but these may be sufficient as touching our intent, to shewe that many times the cause of this disease is the vengeance of almighty God, rightfully punishing men for their offences.

A treatise

The second roote of the pestilence which dooth depend
of the heavenly constellations.

NDw that we haue spoken of the first roote superiour, of the
which this disease proceedeth, it is also convenient, tht ws
declare somewhat of the second roote or cause superiour, that is
to wit, of naturall influences of the bodies aboue.

And ye shal understand, that according to the saying of Marsilius Ficinus (a man of excellent knowledge and no lesse learning) in his booke De triplici vita, & in an other whiche he wri-
teth also of the pestilence: that among all other heauenly bod-
ies, there be two bodies called evill and malicious, that is
Saturne and Mars, which oftentimes by their vnholosome influ-
ences are cause of manysore infirmitie, specially of the pesti-
lence. Saturne through colde, and Mars by excesse of heat,
Saturne through colde, is the cause of reuines, of the leuyre cal-
led Elephancia, and all diseases comming of cold matter. Mars
by reason of his heate, bringeth forth feuers pestilentiall, spit-
ting of blood, Water vnder the midriefe, and the pleures-
sy, the whiche is a disease ingendred like an apostume of chole-
rike matter in a thicke panticle, or slime vaderneath the ribs.
A prouidentz visitation among many other thinges, ought to
consider the entring of the sunne into Aries, by true equation
of the houses and planetes, for that influence hath more
domination then haue all the other influences of the whole
yeare beside, except the superior coniunctions of the planets,
or else somē great ecclipsē. And this entring of the sunne into A-
ries, passeth all the entrings of the sunne into any other signe.
Therefore you must consider howe that Lord of the sixt house
in the figure is disposed, for he is Lord of sicknes, that is to say,
you must consider whether he be impedit or no, and if he be im-
pedit, there shall be many sicknesses, according to his nature
and his house, that is the sixt house, as by example thus. But in
case that Saturne be Lord of the sixt house, and some earthis
signe is in the sixt house, then most comonly the sicknesse
of that yere, shall be of like nature, that is colde and dry. And ouer

Of the Pestilence.

over this thou must consider, whither that the Lord of the sixt house hath any aspect with the lord of the house of death or the lord of the house of death to him, then most commonly the end of those sicknesses that are colde and dry shalbe death.

And likewise, as it is declared of the entring of the Sunne into Aries, so it must be saide of the coniunctions of the Sunne and Moone, through all the yeere, marking ouer the nature of the planet bicing in the sixt house, if there bee any, and the aspects to these two houses aforesaid &c.

Also hee must consider, whether this entring of the sunne into Aries, or any of the coniunctions of the Luminaries, begin the eight house or no, for then it shoulde be much worse.

And note, that if the eclipse of the sunne or moone, be in any of the angels of the nativity of any person, or in any of the angels of the revolution of his nativity, then he shall suffer sickness according to the nature of the same angels.

And if the saide eclips be in the middest of heaven, hee shall suffer hurte in his honour and fame; and if it bee in the ascendent: hee shall bee greeued in his bodie, and so sooth of other houses, but it shalbe the woxer, in case the eclipse be in the ascendent, specially if it bee the eclipse of the sunne, for that is the thoro daungerous of the two, forasmuch as the effect of the eclipses of the moone is alwaies finished in the space of one yeare at the most, sometime in lese, and for the most parte in three monethes. But the effect of the eclipses of the sunne, is very long as it come to passe, sometimes twelve weekes, as witnesseth Prologe in his Compendiour of Astrologie alforesaid.

The Astrologians take the judgement of the yeere, by the entring of the sunne into Aries, in the first minute, and if it then happen that all the ill planets be in the eight house, which is the house of death, that yeere shal rise a pestilence & divers other sicknesses, according to the nature and condiccion of those planets.

And if the Moone in the same entring be neare unto the coniunction of the sun, as sometime happeneth, within two or three

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thre or four degrees, that year shall bee a death & pestilence
uniuersall, and that shortly after that coniunction, specially at
the comming of them in one and the euil planets to infortunes,
and as the infortunes be, the effectes shall so appeare, be they
more or lesse.

Furthermore, ye must consider the great coniunction of the
two higher planets as was the coniunction of Saturne and Ju-
piter, the yere of our Lord 1525. in the last day of August, and
the thirteenth degree of Scorpio: which coniunction chaung-
ed from an ayre triplicite to a watry, and it was in a watry
igne, whereof there chaunced very much raine, and therewp-
on followed the excessiue humedation or moisting of mans bo-
dy, which by and by turned to putrefaction, and therupon en-
sued perillous and corrupt feuers, pestilences and agues, spe-
cially because in the coniunction, Saturne was exalted in the
north aboue Jupiter, which Saturne is of ill influence.

The thid roote or cause of this outragious M
M sicknesse, M is the stinch and filthe

M The thid roote or cause beeing inferiour, is the stinch and
filthe saunders that corrupte that ayre, which we lene in,
for we can not haue without drawynge of the breth, and we haue
none other breth but of the ayre round about vs, which if it bee
stinking, venomous and corrupt, and we by necessarie drawe
the same into vs, imediately corrupteth and infecteth the heart,
and the liuely spirites of the same, and after that inundeth al the
other members of the body to infect them in like wise, by rea-
son whereof is engendred a corrupt and venemous feuer of pe-
stilence; very contagious to all that are about them, for the ve-
nemous ayre it selfe, is not halfe so bohement to see, as is in the
conuersation or breath of them that are infected already, and
that by reason of the agreeing of the natures, which is the very
cause why our bodies bee infected by contagion of them, more
then any other beastes.

The fourth roote or cause of the said disease,

M The fourth roote is, the abuse of thinges not naturally, that
M is

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is to wit, of meat, and drinke, of sleepe and watching, of labour and ease, of fulnes and emptines, of the passions of the minde, and of the immoderat vse and lecherie, for the excesse of al these things be almost the chiese occasion of al such diseases as reign among vs now a daies. For all that our meat and drinke is not digested, turneth anone to putrifaction, and to euill qualitieſ.

And too much sleepe replenisheth the body with to greates abundance of humours, but ouermuch watching doth dry vp the naturall humidities.

And as watching doth, so doth immoderate labur, and as sleepe doth, so dooth rest and ease out of measure, put the body in greates distemper, and maketh it apt vnto this sicknesse, as is dayly ſcene.

And who ſo will be ruled as becommeth him in this caſe, ſhall never be lightly infected, and if chaunce he be, he ſhall eaſily with a little helpe: yea ſomtime by very nature only, ſave himſelfe and overcome the ſicknesſe.

Now ſeeing that the cauſes of this ſaid diſease be ſo great as is afore rehearſed, it is not to be wondred, though the thinge it ſelfe be very huge and dangerous, and of hard curaſion: wherfore ſaith Auicent in his firſt of Metaphiſiſes (althoſh he were no christian:) wee muſte with good and vertuous lyuing mitigate the wrath of God, & by continual praierſ keepe our ſelues ſtill in the ſtate of grace.

Therefore would I counſell every christian man, that is in doubt of this diſease, to cure firſt the feuer pestilenciall of hys ſoule, calling for that wholesome water, the well of life wheroſe it is written. Omnes ſitentes venite ad aquas &c. Which waſter he onely giueſt, that ſaid to hys diſciples.

Qui biberit ex a qua quam ego dabo, illi erunt in ventre eius aque viue ſalientes in vitam eternam. And this done, vndoubtedly the ſickneſſe of the body ſhalbe the eareſt to be cured.

And for because the other ſoueraine remedy preſervative is to flye the corrupt ayre according to the prouerbe. Longe cito, tarde. Fly betimes, fly far, and come ſlowly againe.

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Yet so much as every man can not, nor of abilitie so so to do, it is good for them to look vpon this little regiment, wherin with the aide of almighty God the high Phisition, if the verme be not too outragious, he shall finde how to preserue him selfe well enough from it.

And for the better knowledge and vnderstanding of this treatise, ye shall know that it is deuided into two partes.

The first is, of the maner to preserue a man from the pestilence onely by dyet, in such things without the which, one can not be long aliuie in healthe.

The second treateth of the cure of the sayde disease by the way of wholsome medicine.

The first part is distributed into seuen little Chapters.

The first chapter treateth of the election of the ayre.

The second of meates and drinke.

The third treateth of sleeping and of waking.

The fourth treateth of exercise.

The fift of emptines and fulnes.

The sixt speaketh of the accidentes of the minde.

The seuenth of medicines preparatiue.

The second part is deuided into sixe Chapters.

The first how to know when a man is infected.

The second of the cure of the pestilence by the way of dyet.

The third of the cure of the pestilence by the power of medicines.

The fourth of curs thereof by letting of bloud, ventoses, and purgations.

The fift of the cure of the same, by outward applications.

The sixt how to cure the botch called a Carbuncle, or Antrax.

The first Chapter of the first part, treating of the election of the ayre.

Although the disposition of the ayre colde and drye, or els moderately moist, be much commendable in the time of pestilence, yet there must be moderation

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in the same , as well as in the sise thinges not naturall heretofore declared. For ye must haue a good respect vnto the complexion, the age, the custome of living , the region, the composition of the body, strength, sicknesse, time, and many other thynges . For some require an ayre more hot, then other some do, and likewise in other things, the which I do remitts vnto the good discretion of every well learned man , ans to such other as haue any knowledge of naturall thynges.

For the more surety , it is good for them that may, to dwell in high or hilly groundes, hauing in the morning when the sun is vp, a windowe open towarde the Easte, and when the sunne goeth downe, an other windowe open towarde the West, and close vp all the windowes on the South side, for that winde is very ill in time of Pestilence.

Also it is good to rectifie the ayre within the house, if it be in sommer by sprinkling in the Chamber vineger, and water of roses: if it be winter, or cold, make a lustie fire of cleane wood, and put in it incense, Myrrre, Laurel tree, or Juniper, or cypres, and in due temperate, mingle the hot thynges with the cold as soysaid.

Whiche Sprinklings and burninges, yee may make at all times when ye will but specially in the morning, to correet the vapours of the night.

I read in Plotino, that the Egypcians were wont to sume their houses and their bodies in the day with turpentine or rosin, and in the night with myrra cast vpon the coales , & so resisteth all venemous ayres and contagions.

The first hath so gre ate vertue against the pestilence, that we read how Hipocrates preserued the whole country and City of Athen , by making of great fires in the streetes , and all about the towne by night, and so delivred them from the certayn death , that shoulde haue come among them.

For which cause the Cittizens of the said towne, made vnto him an Image all of golde , and honoured him alias as if it had bin a God.

And it is good in hot time, to screw the chamber ful of willow

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leaues and other fresh boughes, which must bee gathered after
the sunne setting, and lay about your bed and windswes, vine
leaues, quinces, pomgranates, oxenges, lemons, citrons, and
such other fruites that are odoriferous: as roses, flowers of Ne-
nuphar, violets, and other like. And in colde times, take sage,
laurell, minte, wormewood, nept, balome, rue, and galingale,
which things ye may sometime cary about with you in a cloth,
to take theaire of them.

And in time of heate, temper a sponge or a clout in water of
roses, and vineger. And in time of colde ye may ad to it a lytle
Cinamon, and thus he that is dispased to haue pretious sauors
as Pomanders, or other such, may compose them according to
the necessity, and as the complexion of his bodye shall require.
Alway taking heed, that women which are with childe, and
they that haue the suffocation of the mother, or els caters, take
no such odours, as shall put themselues to any daunger, or dis-
pleasure.

In a colde time it is good to holde in the mouth Zedoary, e-
nula campana, cinnamon, cleues, the rinde of a citron, Lignum
aloes or any one of them. But if the season of the yeere bee hot,
then take corianders prepared, graynes of paradise, saunders,
seeds of oxenges, or of lemmons. And in temperate weather,
mingle the one with the other. But it is good in all times, to
beare about you pretious stones, (if ye haue them) speciallye a
Jacint a Rubie, a garnet, an Emralde, or a Saphire, whiche
hath a speciall vertue agaynst the pestilence, and they be the
stronger, if they bee borne vpon your naked skin chiesly vpon
the fourth finger of the left hande, for that hath great affinity
with the hart aboue other members.

And as touching them that are continually among the sick
of this disease, they must take heed in any wise, to keep them
from their breath, and that they do not stand between them and
the fire, nor receive the odour of their sweats, vniuers, vomytes,
and other excrements of the body, nor to eate and drinke with
them, nor in their vessels, nor to lye in their couches, nor wear
any of their apparel, except they be wel sunned, or withered in
the

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the cleane ayre,

It is also good to sive from al places that be corrupt, or stinking, and to keepe the stretes and houses very sweet and clean. And the rulers ought so to prouide, that no filthy donge, nor any dead carions be cast into the stretes, for that should soone infecte the ayre, and bring many men to death. And during all the time of this disease, there ought to be no hot houses vsed, but forbidden and locked vp, till such time they see no further daunger.

The second Chapter, of eating and drinking.

The meates ought to bee of very light digestion, more in sommer then in winter, having alway an eye vnto the complexions, customes, and other thinges afor saide. The houre what time yee shall receiuie your meat, is when your appetite commeth vpon you, after the first digestion made. Great complexion ought to bee abhorred, but a sufficient meale is very wholesome. Neither in diversitie of meats alowed of any phisicke, but if yee will haue diuers sortes, then begin with them that are the lightest to digest, and that best nourisheth the bo-dye.

Your bred must be of pure corne, kept in good ayre, and not fustie, metely well salted with sufficient leuen, and baked in a place where no euill ayre is, and it must bee of a day or twoe dayes olde, or there about.

Wheate is best amonge all other cornes, even as wine among all other licours, although the barley bread bee good for them that minde to keepe them leane. Meates of euill taste, after thy be long dead, and stinking fishe in like manner, and the flettes of all fishes, and meats that haue bin twise sodden, thick wine and troubleous, or otherwise corrupt waters of marshes and blacke grounds, and such corrupt meates and drinke, bee very perilous. But good wine, sauoury and cleare and good meates taken with an appetite, are cause of health, and preseruation from the pestilence. Vineger is a noble thing in time of pestilence, if yee haue none other impediment to let you to receive it, and yee may correcte it according to the nature of the

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cause, in such wise, as may be comfortable to the vitall sptridges
of the hart.

Borage and Buglosse, are very good preseruatiues in this
case, and so is a little quantity of saffron, orange, lemons,
pomgranates, Citrons, prunes of damaske, and other suche in
good quantity, adding to them a little suger, and cinnamon for
cozencion.

A nutt is calid the triacle of fish, shaled and suger, with a lit-
tle rosewater: and as saith Iacob, a nutte and a fig dry taken a-
soye dinner, preserueth a man from all manner of poysons.

The third chapter of sleeping and watching.

To much sleepe engendreth many humours in the boodye,
specially if it be in the day time, and it dulleth the memo-
ry, and maketh a man vnlykly, & apt to receive the pestilence.

Therefore created almighty God the night, wherein wee
should rest, and the day for to keepe vs waking, that we fal not
into sinne and sloth. Surely to sleepe on the day time is excee-
ding hurtfull, so when the sunne riseth hee openeth the poores
of the body, and bringeth the humours and sptridges from with-
in, to the outwarde parties, which prouoketh a man to watch-
ing and exercise or workes.

And contrariwise when the sunne goeth downe, all thinges
are closed & coated, which naturally prouoketh a man to rest.

Moreover the stomacke by the vehement heat of the day, is
naturally dilated and spread abroad: so ever against night, by
reason of the auoydance of the sptridges it waxeth somewhat fir-
ble: and when the night commeth, requireth to haue quiet,
whereby it may acquire more plentye of spirits for the nur-
shing of it selfe.

And therefore whosoever waketh in the tyme of sleepe,
or sleepe when he ought to wake, hee peruertereth and hurtesth
not onely his memory, and all his other vertues of the mindes,
but also many times shal engender apostumes, carters, reuens,
agues, palsies and many other greeuous and naughtie disea-
ses in the body.

Also yee must take heede that you watch not too much, for
thereso

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thereof commissh drynesse of the brayne, and many other sick-
nesses that melancholy breedeth.

But hee that is vsed to sleepe very much and cannot abstain
in any wise, let him sleepe in a chayre, or els sitting in a place
that is colde, but not lyng, if he loue his health.

The fourth chapter of exercise.

Moderate exercise or labour is very necessary to the pres-
serving of health, according to every mans age, custome,
and such other, so it be doone in the morning, and at euen, be-
fore any meat, and in a place of good aire, and not infested with
corruption.

Auicen sayth, that hee onely ought to abstaine from labour,
that nothing regardeth the health of his bodie,

And Galen sayth that exercise quickneth the vertues natu-
rall, animall, and vitall.

And Rasis telleth of a great pestilence wherein there were
very few sau'd, because they liued idly, and woulde doe no
labour.

Finally default of good exercise is oftentimes the cause that
many dye sodainly, afore they feele themselves sick.

The fift chapter of empynnes and fulnes.

It is holesome for you, every day once to procure the dutye of
the womb, if ye can not naturally, yet at the least waies seek
some other means, as by a glister or suppository, for holding with
holing of any superfluities, is in this time very dangerous &
hurtfull. And all the time the saide disease endureth, they that
haue any fistules, ought not to be cured.

And they that haue issues by their Hemoroides, may not be
restrayned without the flur be soze excessive, & they that had the
foresaid Hemoroides and were cured afore, let them open them
again for feare of further daunger.

Also they that are disposed to be scabby, hauing great itch, and
such diseases of the skin, ought to bring the matter out by rub-
bing, and vehement clawing with their nayles.

Excesse of women, is exceeding perilous, but if ye cannot rule
your selfe take good heed, yee doo nothing afor the first diges-
tion,

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tion, and till nature dooth prouoke you, for every such excesse
weaknes sh more the body, then if ye shold be let bloud certe
times so muche, as wylt leth Auicenna , and is cause many
times of pestilence, and of death.

The sixt Chapter of accidentes of the minde.

Yee must beware of all thinges that shold make you to be
penitent, heauie, thoughtfull, angry or melancholike, for al
such thinges are enough to infect a man alone.

Passe the time ioyfully in good thinges, honest and decent,
and eury man according to h:s owne hart, and the estate that
God hath called him unto.

The vii. chapter of medicines preseruatiue.

All they that are of good complection and of holsome diet,
neede not to be purged. For an hole body, and boordz of all
humours, is not lightly taken of the pestilence, as the other are.

But if it be a body full of humours, or a great eater without
anye exercis or trauaile, such ought to let themselues bee
purged, and they that haue too much quantity of bloud, or if
the bloud be any thing corrupt, they ought to aske counsayle of
some good experte Physitions, and not to put their trust in any
wayne boasters that detract other, which in all cases and at all
times give them mercury Precipitante and other medicines
corosive, which for the most part are venim of themselves and
vnder colour of an other medicine, doe deceiue the pacient : a
wonder to behold, howe craftily they couer it, sometimes in sir-
rup, sometimes in suger, other whiles in Figges, Losenges, or
Raspings, least it shold appeare (as it is indeede) that they
give the pacients very quicksluer.

Some other affirm that the mercury is quenched, or through-
ly mortified, and worketh none otherwise but by secret quali-
ty against all diseases in the body of man, for the excesse of ele-
mentes saye they, is clearely corrected in precipitation and a
dustion of the fire.

How commeth it to passe (if this be true) that when a little of it
is set upon a cole and a pece of fine gold adioyned to it we may

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ſe plainly the very quickſiluer, cleuing to the gold, and will make it as brittle as if it had lied in very raw mercury.

Ye howe channeſt it that when it is mingled with hottē creame, it will be cur'd againe as it was afore. And to ſay the truthe, the quickſiluer rawe, is better to be drunken, then ſuch as is ſublimed, ſo that hath bene permitted, both of Diſcorides and of diuers other: but we never reade of any good phiftion that euer gaue counſell to take the precipitate, because of the copozous and other venemous ingredience being with it.

And althoſh that ſo the time peraduenture ſome escape, and ſcarle not their eſſete in daſte as many other doe (that is to ſay debilitie of the vertue radycall of the ſtomacke and other members principal, purging of the good humours and leauing the euill within the body, whereof enſueth many times death) yet they leauē a certayne euill qualitie or imprefſion of the bo- dies in all that doe receive them, and ſo they make worke for good Phiftions, to the greate hurt of them that haue belaued them. Such galantes ſhould go proue their pouder made of quickſiluer, among the Turkes and Sarifins, and not vpon their euē christen, and their neyghbours. But now to our intent.

The pilles called Pillule communes aboue other pilles prefervatiues, are allowed to be of highest operation, by reaſon of a certayne propertie that they haue within them, as Rufus the compoſer of them ſaith: that he neuer ſaw any man that vſed them but he was preſerved from the pestilence.

There gaeth into their compoſition, Mirre and aloes, which haue great vertue to keepe the body from putrefaction and are made thus.

Take of aloes epitike, wellwashed two dramis, mirre wash- ed, & Daſcon of eche a dram, make them vp with white wine, or the iuice of Lemens, or of Djenges, and Huger. Some take them euery third day, the weight of half a dramme, in the mor- ning thare pilis, and euery day one afore ſupper. Let euery man doe according to his neſte, and as his body is replete with hu- mours, but it is good to drinck after the a good draught of wine tempered in a little water of roses, or of wormwood, & if they be

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too hard, let them be resolved in the sirrup of Lemons or a little wine.

Some Doctours ioine unto them other splices, after the complexion of the person, and the humour that they neede to purge. And they wash the aloes and the myrr, in an hot season, and so; him that hath an hot liuer, in water of roses and of Endivie, but in that let every man be his own iudge: yet I would counsayle them to sticke rather to the good experimenes that haue bin accustomed, than the fantasies of their own imaginacions.

The Apoticaries ought to haue in store both the two sortes, and to see that they be sufficient leuined, and that the foresaid Aloes be elect and pure.

They which haue the Hemoroides and would vse the foresaid pilles, let them adde a little mastike, or the gumme that is called Bdellium. If any haue a bloudy flur, or excoryacion of the bowels, let him not receive them without a better counsel. Women also great with child, and they that are subiect to any flur of bloud ought not to receive them.

Among other things, it is a good preservative, and a thing well expert and commended, to eate in the morning fastinge, one dry fig, one walnaut, and fourre or five leaues of Rue chopped altogether, & afterward to drinke a draught of good wine. But it shall bee sufficient for them that are with child, to take the said thinges, leauing out the rue.

In a hot season it is good to temper the said wine with a little rose water or of violets. Some other take ffeue houres afore dinner thre times in a wieke, the weigthe of halfe a crowne of Mithridatum, or of fine triacle, temperes in a little good wine. But in time of heate, and for hot complexions, it is good to put in it a littlie Conserua roses, and to mingle them with water of Roseall, or of Borage or of Buglossie. Mithridatum is a great me- dicine against all kinde of venome, for wee read that the foun- der of it, king Michridatis, who did vse to eate thereof, could ne- ver be hurt by any kinde of poison. The same Mithridates be- ing overcome in battaille of the Romaines, woulde haue killed himselfe with the most swiftest poison that coulde bee devised,

but

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but when he had draken many sortes of such, and neuer a one wrought anything to purpose, he caused himself to be slaine of his seruantes, after whose death Pompeyus, the graund captain of the hoasse, found in his secretes, a certaine bil witten of his owne hand, in effect thus.

Twenty leaues of Rue, two fat figs, two Walnuts, and a little saltz, whosoeuer eateth of this, shal be sure frō al kinde of venom that day.

The good triacle hath also a god vertue but ther ought to be a punishment of the that do abuse it with counterfeited stusse, which deceiueth many people, and causeth them to dye, that put their trust in it.

Some other take in time of cold, a cloue or two of garlike which is called the husbandmans Triacle, and after drinke a draught of good wine, and in hott time take and eate a fewe leaues of Horell, and drinke a draught of the water thereof, dy-
stilled, for it is excellent, & good in all complexions, times and ages.

Also it is good to drinke euery morning a draught against the pestilence that is thus made.

A drinke for the pestilence.

Take in the moneth of June or at any other convenient time, our Lady Thistle, burnet, Scabious, Gentiane, Sorell, of every one a like much, flowers of Buglosse, red roses, herb Dragons, and Mutteron, or Morsus diaboli, twise as much as all the other, steep them al in white wine & rosewater, during one night, then set them all in a common stillatooy waving in soe every pound of hearbs, halfe an ounce of bole armonie poudred augmenting the proportion, according to the quantitie of the hearbs, then stil a water, & soe every pinte of it, take the weight of a caddon of Hasscon, halfe an ounce of yellow saunders finely poudred, & put them all in a viole with the foresaid water stopped, & set them in the sun one moneth. This is a noble water for a man which hath the pestilence, to drinke.

And he that wil, may put a little suger, and powder of cinnamon in it, that it may be more pleasant in the taste.

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He that cannot finde the said herbe called Marselon, or Morsus diaboli, in Latine, let him take the double weight of Dragons. It hath a roote as if it were half eaten off by the middes, and it is so called, because the fable is, the devill bit it off, for the enuy hee hath to man, least we shoulde obtaine the great vertues of the same.

The horne of an Unicorn put in the drinke, whole or in pouder, hath a great effect against the said disease, and against all kindes of poison. Here followeth a very good preseruation for the common people ready at all times and of small cost.

Lake an ounce of leaues of rue, halfe an ounce of good figs, one ounce of Jeniper berries, two ounces of Walnuts picked, four ounces of vineger, and a good quantity of Saffron, stamp all the foresaid things together, and reserue them in an earthe cup, or a glasse last stopped, that no ayre issue, whereof if ye receive in the morninge vpon a knines pointe, the quantity of a beane, or more, ye shall be sure by the grace of God, not to bee infected in fourte and twenty houres after.

An other pouder for the same,

Lake pure Endelect Bolearmoniak, not counterfeit, but such as is without granell, smooth, and somewhat shining, and to the eye a far off, most like a very stone, not to brittle, nor to high coloured, for such is commonly sophisticate. Lake (I say) the saide Bolearmoniak, and grinde it vnto fine pouder, then wash it in white wine, or in rose water, or water of buglosse, sozell, or worme wood, or scabisus, afterward drie it, and pouder it again, and doe so five or sixe times, ever washing, drying and pondering the same, and at last set it vp in a cleane vessell, till ye neede to use it.

Men of hot complexion, if they will receive it, muste take of it a spoonfull with vineger, or water of sozell.

And they that be of colde complexion, may take it in a little wine, or Scabous water in the morning. For it preserueth the body from al corruption, consumeth the superfluous humours, driveth away the venom from the heart.

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An other singuler remedy preseruatiue for rich men
and delicate of complexion.

Take Zedoary, Lignum aloes, Agrimonie, Saffron, Alliologia rotunda, if it may be gotten white Diptany, Gentiam, the rinde of a citron, the seede of a citron, of euery one a scruple, Corianders preparate, Turmentill, red Saunders, red coral, red roses, Juniper, Mirabolanes, Emblike of every one a dramme, Tarra sigillata, two drams, Bole armoniak, iii. drams pouder all these, and with fine suger, and sirruppe of Acetositate citri, make a noble electuary, and keepe it as a treasure of mans health, in time of pestilence.

An other soueraigne and goodly receipt both preseruatiue and curatiue.

Take a hennes egge, newly layde, and make a hole in the crowne, by the which ys shall draw out all the white therof, and leau the yolk within the shell, which done, fill the same egge, with good english saffron whole, as much as may be stufed in the shell, than drye this egge against the fire, or in an oven when the bread is out, so long till the shell be utterly black and brent, and the rest sufficient brittle, and drye, make it in pouder in a morter, and adde to it as much pouder of mustard, seede as shall weigh all the whole egge: then take this ingredience at the apothecaries. Ditamy, Turmentille nux vomica, of each a dram, pouder every one of them by it selfe, then put them altogether, and put to it Rue, Piony roote, Zedoary, Camphore and fine triacle, of ech equall portion, so that the weight of them fine be as much as all the rest, beate them in a morter by the space of two houres, till all be incorporated together in a lump, then put it in a glasse, and keepe it couered with a lease of golde in a colde place, for it will last thus thirty yeares, without corruption, and is a thing of inestimable value in this case, the dose of it to preserue, is but one halfe penny weight or lesse, yea the waight of one barley corne, hath in it a maruelous strenght in defending the body.

But if one were infected already, than hee must receive a sore letting bloud, two or three graynes, after his bleeding giv

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him in the name of God, an whole scruple, or two or three (if his strength will serue) tempered with wine, for a hot taking: and in great colde, with a little Aqua vita, and therupon sweate.

I haue knownen when the sick hath beene utterly desperate, and could retaine nothing yet, by the grace of God, through the meanes of two scruples heereof, mixt with a little Aqua vita, both the vomit immediatly ceased, and nature recovered, and escaped the daunger of death.

And concerning sweet waters to sprinkle vpon your clothes
And thinges of most pleasant odour, to be cast vpon holes
when ye arise on mornings, and also the making of good and
holosome pomaunder, to smell vpon in time of pestilence, for
the contention of them that are desirous. I shal heere reherse
one or two of every sort, to the intent ye may (when ye bee dis-
posed) either use them, or deuise other of the same making: as it
shalbe requisite according to necessity.

Take water of Rose, violets, or Nenuphar, or one of them,
or of all together one pounde, good vineger two ounces,
maluestre, muscadine, or other pleasant wine, threounces, of
both the saunders, of eche one dram and an halfe, Camphore,
one scruple, and if ye haue any Gallia muscata, ad thereto halfe
a dram, mingle them together, and sprinkle vpon your clothes
when ye be disposed.

The right excellent and famous doctor Johannes Monar-
dus alio, in the thirde Epistle of his fift booke, doth shew, howe
to make in time of pestilence, two soueraigne perfumes, the
one for to serue in sommer which is made thus.

Afumigation for sommer.
Take redamber two partes the leaues of myrtle, flowers
of Nenuphar, Roses, violets, saffron, maces, and yellow sau-
nders, of either of them one part, Camphore, amber, Benumin,
halfe a part, Huske, the tenth of one part, mingle altogether,
this is a pleasant and comfortable saugur in the time of sum-
mer.

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But in winter season ye may vse this.

Take Storax Calamita, Iresos, Mastike of eche two partes; Cloues, Maces, Nutmigs, Cynamon, Saffron, of each one part amber the fift of one parte, muske the tenth of one parte, mungle altogether and make a fumigation.

And of these powderys ye may make little balles or Poman- ders, to bear about with you at all times, but the last receyfe must be well incorporate with a little Storax liquida, and Lap- danum, and the other with Lapdanum, Gummie, Draganant, and rosewater.

An other goodly Pomaner for gentlewomen and Ladies.

Take the rinde of an Orenge, Cloues, Lignum aloes, of ech one dram, Calamus Aromaticus, halfe a dram, Alipta muscata, one dram, roses, mirtils, of every one halfe a dram, nutmig, ci- namon, benzamin, of every one a scruple, make it vp in a mor- ter, with Storax liquida, with sufficient ware, and maluesey ad- ding in the ende, of Camphore, halfe a scruple or more. And in the time of pestilence, ye ought to keepe the house everyday til the same bee vp, and if it chance that yee goe among a great multitude of people, where is any daunger to be feareid: ye may cheue a little Zedoary in your mouth, once in an houre or two, but holde it not continually for hurting of the gums. Zedoarist (as saith Avicen in his booke De viribus cordis) comforteth the hart and engendreth good blood, it is holesome for the stomack (as affirmeth Plinie) maketh god digestion, and prouoketh appetite.

Constantiae in his booke of degrees saith, it hath a great po- wer against venom, and the stinking of the mouth, it breaketh winde, and cureth the bitinges of venemous beastes and Ser- pentes.

When the same shineth in a cleare day yee may walke in Gardaynes, medowes, hillies and riuers, but beware of lakes, standing pooles, and Fens, for oftentimes the infection of the aire ariseth of the corrupt vapours, bogling out of such unhole- som places.

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The seconde part, of the cure of one that is infected with the pestilence already.

The first chapter how to know a man that is infected.

VVCE said in the beginning, how the pestilence was in-
gended of the corrupt and naughty aire, turning al
the humours of the body quickly to corruption and to venome.
Wherfore we must take heed besimes, least the vitall mem-
bers be infected of the said poyson, for it euer seeketh to the hart,
and if it come unto the hart afore the medicine, then is there no
recovery, for not one among an hundred liveth. For the sayde
venom is so swift, so fierce, and so boisterous of it selfe, that it
will not (without great difficulty) be put out of possession, but
driueth away the medicine from the hart againe.

But if the medicine come unto the harte afore the venome
hath the vpper hande, then hec driueth it out, by the helps of the
vertue expulsiue, of the spirituall members, and that expulsion
commonly is by sweat.

And for because sometimes a man is poysoned, and can not
tell himselfe, nor none that is about him, whereof many dan-
gers do arise, for as the proverbe is, one scabbed sheepe infec-
teth a whole flocke, therefore it shall be necessary, that euery
man take heede to himselfe, and consider all the signes and to-
kens that shalbe saide hereafter: for the more care that he hath
about that, the sooner shall hee escape out of the danger.

And if a man seeleth himselfe infecte, aboue all thinges let
him remember God, for it is a sicknesse that in a twinkling
of an eye may bring a man to death. First let him look whether in his arme holes, flanke or vnder
his necke, there be any apostume or swelling, or whether in a-
ny other parts of his body there appeare any greene, black, or
euil colourad soore, for that is the signe that never faileth, but the
person certainlie is infected. For with standing euery man in-
fected with the pestilence hath not such vlcers, botches or soores,
wherfore ye must take heede of the other signes hereafter, that
ye be not deceipted for lacke of the saide apostumes.

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But what is the cause that such apostumes sometimes doth appear, and sometimes doth not, no doubt but because that when the venome is so vehement and so furious, & hath gotten hold in the body of man, nature by reason of the swiftnes of the infection, is so troubled, letted, and entangled, that shē cannot tel which way to succour, and so can drīue out none apostumes, and that is more perillous, then if there were many sores. But againe when the venom is but mealy furious, and the nature of the pacient stronge enough, by reason of good humours, then it defendeth it selfe and drīeth the venome from the heart and principall members, to such places as it may bee best auoided at, which breaketh forth by compulsion in botches, Carbuncles and other sores.

The second signe is, if ye fele a great pricking and shooting in your body, and specially in any of the three cleasing places, that is to say, the necke, the armholes and the flankes.

The third signe is, when ye fele an outragious heat with, in you, as if ye were in the fire, which heat sometime spreadeth it selfe abrode through all the whols body, & otherwise there ariseth such a cold, that it maketh a man to shake as if he were in a feare.

Wherein all ye that be infected, must take heed: for some there be that in the beginning fele not such a feruent heat outwardly, but it is within as great as if they burned, with much heauines of the head, drynes of the mouth, and extreame thirst. Wherby many one are compelled for to sleepe euuen for verie labour of the spirites, and soms other watche, and are so out of quiet that a man would thinke they were fallen into a phrensie.

The fourth signe is, if great vapours & faines arise out of the bodie, when a man is in a bath, & would faine sweat, but he can not.

The fifth signe is, if the pacient cannot drāwe his breath easlie, for many one is so straite winded, that he cannot speake, and when he breatheth it is with great labour and difficultie.

The sixth signe is, vehement paine of the head, such as is wont

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wont to be in a frensie.

But there be some so; all that in the beginning of the infection, sale nothing so greate paine as we haue spoken of in the head. Notwithstanding this is a general rule, that the pestilence cannot be in the body, without some paine, or heauines of the head.

The vii. signe is, great desire to sleep, from the which many one cannot abstaine himselfe in any wise, nor canot bee kept waking of them that are about him.

The viii. signe is, chaunging of the sight so; sometimes ther commeth to the pacients eies, as it were a yellow colour, sometimes all that he beholdeth he thinketh it to be greene.

The ix. signe is, paine of the mouth, or an unnaturall taste, bitter, sower, or stinking.

The tenth signe is, often vomiting, bitter and of diners colours.

The xi. is, heauines and dulnes of al the whole body, and sowning and weaknes of the limmes. These be the principall signes and tokenes whereby ye may perceiue when any man is infected.

Notwithstanding all these signe are not ever manifest, for sometimes it is seene, that one hath had the pestilence, and felt nothing at all, yea & sometimes the wine will be as faire & as good to sight, as in a whole man, because the humours come not at the liuer, and the feuer will be small or none, for that the venom is not in a hot humour, & so driueth out no heat, & yet the pacient by and by dieth. Sometimes also he shall thinke himself whole, because that nature in the first brunt droue the venom frō the heart, & yet anon after his life passeth from him, for that nature was not strong enough at the next assault either by reason it was vexed and wearied in the first, or els the venom peradventure multiplied or changed into more malignity or never to the heart then it was afore. Enorie one in the beginning seeme lightly to be better, for then the strength of nature is gathered altogether to stād against his enemy, but it is not so in other evill sicknesses. The pacient also many times thinketh him selfe

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selfe strunge enough because the venom worketh not so cruelly vpon the other members as it doth vpon the heart.

Wherfore in time of pestilence, when ye feele your selfe in any thing diseased, drue not forth the time in looking, whē the signes aforesaid should appeare, nor slās not in examining or doubting whither ye be infected or no, for ye may be sure, that in this countrie wher ye are, ye shal haue seve sicknesse, but either is pestilēce alreadē, or els wil be within a while: so giue your self to the cure of the pestilence, for while the naughtie influence of that infection dureth, all superfluous humours may lightly be infected, and that is the onely cause, why in time of pestilence, there is so seve of other infirmitiēs. For as soone as many sozes of other sicknesse do arise, the pestilence abateth and is gone. And here is to be noted, that whatsouer childe in the time of pestilence, be vered with the worms, ye may safelē affirmē that hee is infected, for it is a matter so disposed to the pestilence even as is b̄zimsons, to be kindled of the fire. This hanc many p̄sitions not considered, and because of that, haue been deceived in their cure.

Here I haue declined by occasion, but now to our intent. When one or two, or more of these signes, aforesaid are knownē to be in a body, let him not dispise them, nor put any foolishē trust in the strength of his complexion, as many one haue done and by & by diēd, not let no man trust the colour of his vrine, or mowing of the pulse: for sometimes the strength is so excellēs in the venom, that a man is dead afore the natural vertues are able for to succour him, or to drue away the venome from the heart. And herein haue many wise phisitians also bin deceived and haue euil iudged of the pacients pronostik. Therefore by & by without delay, yee must administer some god & wholesome medicine, as shal be said hereafter, or els the stilled water that wee speake of in the former Chapter, or some other valiant medicinē against the pestilence, that it may descend vnto the heart afore the venome haue the upper hand of nature.

For if it be once settled at the heart, I affirme plainly, ther is no help at al. Yet there be some fowles, that tarry till the iii.

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houre, or the sonce and twentie after the infection , and they boast themselves that they will heale the pacient, but that is a manifest and shamefull errore, for if any by chaunce is so recovered, it commeth of God , and not of any medicine, for where as one s̄ escapeth, an hundred other perish.

Notwithstanding if the case so bee that ye bee not called, or can get no remedie afore the said time, cast not your self in dispaire, or put not the pacient in discomfort , take or giue your medicine in the name of God, and if ye can not brooks it , take as much againe and do so many times til ye may retaine it. Then lay ye downe to sweat, and lift vp your heart to God, calling vpon him, without whome there is no health, and by the grace of Iesu, ye ned̄ not to be feareful of death, for that ȳ is impossible to man, is easie enough with God, yea many times nature worketh it selfe, aboue all naturall expectation. But I counsell at the first beginning to receive the medicines, whē any of the foresaid signes appeareth or when ye feele your selfe diseased : for the venome pearceth sooner to the heart of the cholericke, then either of the sanguine or the melancholike, although the sanguines are apter to infection, then the other are, chiefely if the sicknes be in sommer . They that are of melancholie be not lightly taken, but in case they be, then the cure is very daungerous, and hard.

Therefore I say, take heed at the beginning as the proverbe is

Principus obsta, sero medicina parat,
Cum mala per longas inualuere moras.

Take the medicine quickly, and let thy selfe bloud, and remember God the Phisitiō of thy soule, and without doubt thou shalt well enough recover.

Now we haue declared the signes by which yee may easly know whē a person is infected, and we said it was conuenient to take the medicine as sonce as any of them appeareth without any longer tarrying afore the venome commeth to the hearts, here we wil inform you, how ye shal perceiue whither the sayd venome be seeld in the heart or no.

Lake

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Take a dram of Bole armony made in powder, according to the doctrine of the last chapter in the first part, and if ye cannot get it, take some other excellent medicine against the pestilence, namely one of the receites that shalbe said hereafter, and giue it to the pacient, but therre can nothing be better, then the sayd pouder if he haue it at hand.

Take I say thereof one dram, and an ounce of white wine, and odoriferous, with two ounces of water of Roses, mingle them and giue them to the pacient.

The blacke receipt declared in the chapter of preseruatiues, may be well vsed insted of the Bole.

And if he may retain the drinke within his stomacke, it is a good signe that the venom was not at the hart afore he tooke the medicine, and therefore he may be let bloud well enough.

But if the pacient cannot brooke the saide drinke, but cast it vp and vomit, then ye may bee sure, that the venom hath bin at the hart afore the medicine: therfore by and by wash his mouth with wine, or with water of Scabious, of sorrell, or of roses, and it ought to be very well mundified and cleansed.

Then giue him an other dose of the saide drinke, and heat a crust of breade, and holde it to his nose, that hee may the better keepe the sayd portion.

And if the second time he cast it vp again, and is not able to retaine it, wash his mouth as is saide before, and giue it him the third time, with a little vineger, yt may pearce the better, and so six or seuen times, if he do not holde it, giue it him again, and then whether he retayneth it, or retaineth it not, by and by ye ought to let him bloud.

But in case the pacient were infected. 24. houres afore yee giue the drinke, neuer let him blow, for that can nothing helpe him, but rather make him feeble, but administer a medicine ordained for the pestilence, as is saide afore, or such as shalbe said hereafter, and that doone, prouoke him to sweat.

Now to our purpose as concerning diet.

The ii.chap. of the cure of pestilence, by the way of diet.

If first as soone as euer the pacient feeleth himselfe infected,

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it is very good to avoid the corruptaire, by changing into some other place: or els if he cannot so, let him rectifie theaire of his owne house, or of his chamber, with water of roses and vineger, or els with fumigations as is spoken of before, according to the qualitie of the time, and the complexion of his owne bodie.

Moreover it is good for him to remoue his bedde out of one chamber into another, and from that to the first againe the next day, ever rectifying theaire of them both as is aforesaid.

And as touching meat and drinke, he ought not to abstaine, or yet to take any superfluities, for to eate good meates measurable (though it bee against his stomacke) yet in this disease it shall do him much good.

Let him eat the broth of chickens, capons, or coleysses of rabbits, and such like meates with a little sorell sauce, or vineger and rose water, or wine of pomgranates, (if they may bee gotten) or wine of barberies and such other.

If ye will haue other kinde of sauces or a pouder to strow vpon your meat, ye may make it after this sort.

Take graines of paradise, white Diptany, of ech an ounce, fine pouder of cinammon and cloves, of ech halfe an ounce, make them all in pouder, and mingle it with suger. In this disease ye may eate no queasie meates, as Geese, Duckes, and other such as be euill.

I call them euill meates, which (according vnto Galen de differentus febrium,) are either euill of their owne nature, or els if they be naturally good, yet by reason of some putrefaction, are as much and moze vnholisom, as the other are, parfly so, because of long keeping, vriclean and naughtie dressing, or when they be laid vp in a filthie or stinking place, and partly by soms ill infection, when they were aliue: for he that vsed such kindes of meates, is oftentimes accumbred with many naughtie sicknesses, as corrupt and pestilentiall feuers, scabbes, pustles, leproies, and other euill infirmitiess.

All fish in this case are to be auoided, broth or gruell, made with vorage, buglosse, endive, succory, sorell, purcelans and other like hearbes, with a little saffron, and cleane wheat flouer,

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Wer, or the crummes of bread in a broth of chickins, or with-
out a broth, may be well administred.

Potched egges also with sorrell sauce and Cinamion, vine-
ger, and rosewater are maruelous good in this case.

And if the heate be very vehement, as well after meate, as
afore, he may well drinke a draught of sodden water with the
juice of orenge, Lemmons, Citrons, or of sowre apples, well
mingled together, to quench the venomous fumes that might
rise vp to the brayne. And if the patient be young, and strong,
having a good stomacke whole winded, hot of complexion, and
intime of heat, not subiect to the cholike, nor to none hydroptic,
or apostumes of the bowels, hee may drinke a good draught of
two of cleare and colde water comming out of a rocke, or of a
running water, or of a faire spring.

For when nothing else can mitigate the thirst, yet wil cleare
water by little and little, diminish all the heate. But yee must
beware ye take no great exesse.

A Prisane with suger of roses, is very good to drinke between
meales.

The pacient ought not so to sleepe during the first 24. houres
and in the time that he receiueth his medicinnes.

Afterward he may sleepe a litle at once to comfort the wea-
knes of the spirits, and he ought every day to go to siege once.
And aboue al other things let him not dispair, but bid him be of
good comfort and doubt not of his health, so he take no thought,
but as much as is possible, make him to reioyce as well by com-
munication as by musick, and bringing in unto him good and
holesome hearbes, fruits, boughes, and other things of comfort,
but yet notwithstanding see that he remembere God, and not
forget his owne conscience, for in this sicknes the woorst is euer
to be feared.

The third chapter, of the cure of the pestilence by the way of medicine.

As soone as euer you feele your selfe infected, take of
the powder of Bole armoniake, in manner and forme afore
declared.

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declared, or of the blacke receyt, the waight of halfe a crowne, more or lesse, according to the vertue of the pacient, mingled with the water of Rose, and a little vineger, as is saide afore, and drinke it all at one draught.

And if ye cannot get the aforesaid pouder, or peraduenture ye will abhorre to take it, then drinke a little portion of the receyt following, which is very excellent.

A receyt against the pestilence.

Take the roote of Turmentill dried in the shadow, of Harsfon, and of mustard seede as much of one as of an other, make of them a pouder, and incorporate it with the thirde part of Mithridatum, or of fine triacle, with a little strong Vineger in manner of an Opiate, keep it in an earthen vessel close, and in time of neede vse it. The waight of it at once, is from halfe a dram bywarde.

This receipt worketh more vpon the venome then it dooth vpon the feuer: and every day following it is good to take a little sirrup of lemons, with water of Rose, or of Patfalon, or of our Lady Thistle.

And he that hath none of the said sirrups, let him vse the waters of the same hearbes, or the good waters that I haue described in the chapter of medicines preseruatiues.

Auicen saith, that whosoever taketh an onion and drinketh it in milke fasting in a morning, he shall bee safe that day from all infections of the pestilence. Therefore some are wont to rost two or three onions, and eat them with Vineger and browne bread next their hart, afore they enter into any suspect ayre: and haue found health in their so doing.

Johannes Monardus, a man of high knowledge in the art of Medicine, and of great authority amongst all learned men, describeth in his book of epistles, a very good receipt, as wel preseruatiue as curatiue, devised by himselfe for lacke of good triacle, and is of maruelous operation, as well in this disease, as in healing all maner venomous wounds, both of adders, snakes, and other kinds of serpents. The receipt of this noble medicine is this.

Monardus

Of the pestilence.

Monardus medicine for the pestilence.

Take the dyed bloud of a Drake, and of a Dutche, of a geuse, and of a Kid, Rue, Fenell seede, the seede of Cinnamum, Dyll and of wilde Nopes, or garden Neps, or Raper, of every one thre drammes, the rootes of Gericiane, Trifoliate, Squinatum, Frankensence, roses dried, of eche fourre drams. White pepper and long cost, Valerian, anise, Cynamon of eche two drammes. Beniamin Allatum, Gumme armoniaka, of eche thre drams, Aloes, Agarike, of eche two drams, Caspobalsami xx. graines, Ires, Saffron, Reubarbe, and Reupontille, Ginger, Mastik, of eche one dramme, Sticados, syue drams.

Make a fine pouder of these, & with fourre times as much of clarified hony, mingle altogether, and keep it in a siluer vessele or a glasse stopped, for it is an high treasure, in such a case. The dose of it is two drams in wine or water of Hozel.

Here followeth an electuarie of a wonderfull vertue,
in the time of pestilence.

This electuarie is of so greate vertue, in them that doe receive it once in twenty fourre houres, that they may be sure fro all euill infections of corrupt ayres and contagious, all the day after.

But in them that are infecte alreadie, and are taken with the pestilence, if they drinke of it but one spoonfull, as shall be said hereafter, (speciall after letting bloud, if it bee conuenient to the pacient) and lay him downe & sweat vpon the same, if the venom hath not utterly overcome the heart, ye shal undoubtedely recover.

It hath bene lately proued, that after drinking of the same medicine when the pacient made his water in an vrinall the glasse hath burstt in pieces, by reason of the venome that it purged out.

This is the making of the said electuary.

Take Cynamon elect, one ounce, Terra sigillata sixe drams, fine myrr three drams, Unicorns hornes, ons dram, the seede & rinde of citron, rots of Dypcany, Burnet, Turmentill, sedoary red coral, ana. drams two, yellow saunders fourre scruples, red

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Saunders, two scruples, white beake and red fletures of mart-golds, ana, one dram, Juoy raced, Scabious, Beronici, tunici, saide of Basile, the bone of a stagges heart, Maffron, ana two scruples, make a fine pouder, and ad vnto it, of Bole armoniaka preparate two ounces, white siger thre pound, and with a sirrup of Acetocitate citri, make a goodly electuary, and keep it in a glasse.

If the pestilence commeth with great excesse of heat, drinke it vpon Rosewater and vine ger, but if ys selfe it colde take in it a draught of wine, and couer you with clothes so that yee may sweat as long as is possible, for without doubt, it is a present remedy as I my selfe haue oftentimes proued.

An other diuine medicine, in aliquidefourme.

Take rue, wormwood, and baume the herbe, of ech a like portion, of Cylidony, both hearbe and rootes, as much as all the other, so that yis haue of them iiiij. a good big handful, wash the rootes of celidony, very cleane and purely, in wine or in faires clere water, the put the al into a new pot of earth neled within, and paure vpon the herbs, halfe a pound of the most strongest vine ger ye can get, couer them iuste, and lute the mouth of the pot, with, Luto sapientie, which is made of wheat floure, and the white of an egge, that no breath may issue, and seeth it eight or nine houres, with a soft fire, then let it coole by little & little, and after straine the herbe, and set the licour in the sun to rectifie.

When a person is infected with the pestilence: First as I said afore, let hym blode in a due veine, then giue him a spoonfull of this licour, with as much as a nut of triacle if so be yes haue any, luke warme by and by a crust of breade all hot, bee dipped in vine ger, and holden to his mouth, that hee may the better brooke the medicine.

And if he chaunce to vomitte, incontinent wash his mouth with wine, and cause hym to receive againe an other spoonfull, and so if need be, five or six times til ye see that he receiueth it, which is a very good signe, if he so do.

After this set hym in a warme bed couered, that he may sweat

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Sweat out the residue of the venom, and by the grace of God, ye
shall escape the daunger.

This is a medicine of infinite vertue. But if the patient
haue a great heat, giue hym no triacle, or els very litle.

The fourth chapter of the cure of pestilence, by letting of
bloud, venoses, and purgations.

ALthough Phlebotomy or letting of bloud, bee one of the
chiefest thynges that are required to the cure of the pesti-
lence, yet so, lacke of vnderstanding and letting bloud
otherwise then behoueth many one is cast away; and therfore
every good man barbour ought so, to take heare, that he hurt
not them, which come unto him for help (soz that were a great
shame) which he shall never das, if he ponder well the thynges
that shalbe said hererafter.

This is a generall rule.

In the tyme of pestilence when a body is infected, yes may not
I haue respect either to the signe, the day or the houre, but whe-
ther the moone be there or not, or what aspectes soever be in
the planets, let him bloud sooth with in the name of God. Young
men and sanguine, and they that haue abundance of fleshe,
and of bloude mingled with other humours, ought to blode
somwhat more in quantity, but also keepe a moderation, that ye
take not out too great a quantitie at once.

It is better to let him bloud twise, leauing the wound of the
firste stroke open, and annoiint it with a little oyle, and after
fourre or five houres, let him blode in the same wounde againe,
but without stinching if it be possible.

But alwaies giue an eye to the strength of the patient, that
it be not enfebled: and again be ware, that ye haue taken awaie
the rankest, & the strongest venom, wherein if he be doubtfull,
take the counsell of some good expert phisition.

Also ye must note, that ye may not let bloud to any childeyn
within the age of xiiii. yere, nor to old men aboue fifty yere old,
nor to women greate with child, specially neare their time, nor
when their purgations is upon them, nor to them that are
newly brought to bed, or within a weeke or two after. He is

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purified; generally to none which is weake and feeble in hys body.

We shall also note, that there are some olde men of better strength and complexion, than many yong are of, and againe, divers yong children often, or twelue yeares olde, are of higher coura ge and of as good strength, as they that are many yeres elder. In such cases, a telle exuntation of the infected bloud, may be the sauing of their lives, so that al things be done with good discretion.

It is wisedom also to let the bloud lyng vpon their backes, whome ye thinke would faint in standing or in sitting.

And if the case do require the letting of bloud, & the patient be not able to beare it for any of the causes afore rehearsed, it is good to apply ventoses, in maner and fourme as I shall declare hereafter.

And here we shoule say somwhat of the great errore that many doe commit in taking one valme for another, for by such errors is the venom drawne many tymes vnto the heart, and so procureth death vnto the patient.

Wherefore that yee may not be deceyved euer in the pestilence, let him blowe on that side that sore is on, and not on the contrary side, in any wise, for that should drawe the venome ouerthwarte the members spirituall, and so destroy the man.

But oþ euer ye let him bloud, it is good to give some god and wholesome medicines against the venom, such as is declared in the chapters herebefore.

If the botch appeare vnderneath the eares, let him bloud in the heade veine of the same arme, oþ els in the bzaunch of the same veine, which is vpon the hand, betweane the middle finger, and the next that is adioyning.

If it appeare vnder the throte, take the same veine, & within a whiles after, it is good to open the two veines vnderneath the tongue.

If the sore be set within the armehole, take the veine called Median, which is betweene the two said heade veines, and the veine comming from the liver.

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If the soze be set within the flanke, then ye must open the veyne called Saphena, which is about the ankle of the foote on the inner side; and if ye cannot finde it there, take the brawnch of it, that is betweene the great toe, and the next vnto him but but the letting of bloud in that veyne is forbidden vnto women when they be in health.

And if there appeare two botches, one on every side, Monardus giueth counsaile to take the right side, and not the left.

And if in case there dooth appeare no signe of botching or swelling then he biddeth you to open both the veines Sapheanas on the right side and on the left.

Notwithstanding, Marsilius Ficinus is of a contrary opinion, and saith that it is best when there doth no soze appear, to take the common baine on the right arme.

I thinke heerein Monardus counsell rather to be followed.

But if ye see the both standing outwarde more towarde the bounch, then ye must open the veine called Sciatica which is about the ankle of the foote, on the outside. The whiche opening of the veines must be doon as soon as is possible, alway presupposed that he hath received one or other medicine against the venome, and that he sleepe not in any wise, as is afore mentioned. And to them that cannot lawfully be letten bloud, ye must in al hast applye many ventoses, with scarification or without scarifying, as it seemeth best to your discretion, so ye take a reasonable dyster thus. If the soze be vnder the ears or about the thyple, let your ventoses be applied behinde vpon the neck.

If the botch appeare vnder the armes set your ventoses behinde vpon the shoulders. If the soze be in the flanke, or thyple, let your ventoses be set vpon the buttockes.

And if the pacient be replete with humours and strong, having no stir nor other impediment, and ye thinke hee neceth to bee purged: yee may giue him in the morning one ounce of Cassia 3. dr of Manna with a little Dyprunis laxative more or lesse, according to the patients necessity, tempered with water of scabions, soapell, or endive, ouer taking heed, that hee doe receve some medicine against the venom, during all the tyme of his

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his disease.

The fist Chapter of application of outward medicines.

HEre is to be noted y no maner plaister repercuttive, may be set vpon any botch of pestilēce. But as soon as is possible, after letting blood it is good to take an onion, and to make an hole in the middest of it, then fill it full of good triacle: after that stoppe it, and set it on the harth to roste, as it were an apple. And when it is roste so long till it bee tender, let it coole a little: and set it hot vpon the botch, and when it hath been there by the space of two houres, take it off, and lay another on.

¶ take a cocke and pull his feathers off, about his fundament, and put a little salt in it, and set his fundament vpon the saide botch, keeping him on a good while, stopping many times his bill, that his b̄eth may be retained, & let him blow againe. And if the cocke die, it shalbe good to take an other yong cocke, and split it quicke a sunder, and lay it on the botch, but ye must command them that take them off, to cast them in the fire, and not to take the sauour when it is remoued: for that is very dangerous. Some there be that lay about the sore, water Leches, called bloud-suckers, and it is very good, so they be wel prepared, and cleansed from corruption. Other apply ventoses with scarification, but they ought first to be applied without any scarising so they shall the better draw the venom out.

Other lay thereto a plaister made of Galbanum diaquilon, and armoniate, incorporate together, and some other lay on it a plaister made of figges, soure leuen, and Reasings without kernels, b̄zaied and incorporate all togeather in oyle of canie, mill.

There be also that set vpon the botch an hearb called crow-foot, which is very hot, and maketh a blister on the skinne, and that same they breake, and keepe the place open many dayes after. And in y case, if the botch be in the very arme holes, it is best to set the saide hearbe a lost vpon the arme: and some other break the foresaide botch with a strong ruytorie, having part of maturation, as for example thus,

Take

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Take soure leuen four ounces, Mustard, Rue, Scabions, Wozinewood, of euery one an handfull, white lilly rootes, the thirde part of all greene copporous two drams, cantharides in number v. Galbany one ounce, olde nuts, and somewhat fusty, or els new, if ye cannot get them in number soure, oile of white lyllies, as much as shall suffice, seeth all the hearbes and roots in oyle according to arte, with a double vessel, that is to say, the oyle beeing in ons pan may seeth onely by the boyling of the water in an other great panne, and make a plaister with the residue of the stuffe in a good fourme. It hath a great vertue to breake a pestilence soze without much paine, and afore yee lay it on, wash the soze with a sponge dipped in the straining of the soze sayde hearbes and rootes.

Other take oyle Oliue and seeth it with oken ashes, adding vnto it a little of blacke sope, and quick lime, and make a plaister of the same it is to be vsed but in strong complexions.

And all the foresaide waies are to be commended. But after one hath vsed them a while, and seeth they begin to come to maturastion, let him take the counsell of a learned surgeon, or any other of good experiance, and to sette maturatiue emplasters, vncions, and bathes, according as becommeth, pearcing the apostume in the softest place, afterward proceede with mundification and incarnation, even as in other kindes of apostumes: wherein I humbly desire them to haue some pittie of the poore that be diseased, and not to fauour them that haue enough, but rather take so much of the rich, that they may the better haue wherewith to helpe the needy. And soz because the sicke may haue some comfort, if in case they shold be destitute of Surgeons, I will besides the saide medicines which they may confidently vsen,) describe some maturatiue emplaisters that are experte and prooued in this cure of pestilence.

A plaister to ripe a botchi comming of the pestilence.

Take Mallowes, and the roots of hollihock, and onions, as much as shall suffice, wash the and seeth the in water, & afterwarde

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terward bray hem in a morter with powder of linsede, and of Fenugreke, and a good quantity of swines greace fresh, laying on the plaister every day once.

An other for the same.

Take white Diptycky an ounce and an halfe, the roote of walwoorte an ounce, the rootes of cresses halfe an ounce, white onions, two ounces, seeth the rootes in water, and rost the onion vpon the coles, then stampe them altogether, adding of oyle of camomill threes ounces, Rosin one ounce, nettle seede six drams, war, as much as shall suffice, and make a goodly plaister, or an oyntment at your pleasure, for it ripeth the botch in a short space and consumeth the venom, and is good as well for yongmen as for olde.

And afore that it be thorow ripe, cause it to be pearced, as it is said afore. And if after the said pearcing there be great pain, take the yolke of an egge well beaten, and a little oyle of roses, and annoint a tent therein and put into the soze for to cease the paine. Afterwarde mundifie the place with a salue made of volkes of eggis, fine barley floure, and a little hony of Rosess. Last of all for the perfect incarnation, take the iuice of Dailies, and with a little Ware make a soft oyntment, and vse it, or þer may lay thereto any of her salue incarnatiue, as ye are wont to doin other cleane sozes. Provided alway that it is better in this case, to break the soze betimes, then to tary for the ryping long, least perchance the venom being included gather strength by the putrefaction, and so returns againe vnto the hart: therfore open it afore it come to ryping and after proceede with your maturatiues and other holesome plaisters.

Thus much haue I spoken of Sugery in the exteriuour cure of one that hath the botch, so far as God hath giuen me understanding to perceiue, according to the mindes of suche famous clarkes, as haue most effectuall written of the same. Now wil I declare, a little of þ exteriour cure of him þ hath no botch at al and yet is soze infected with the pestilence. For the noble handy woork of Sugery, is conuenient to them both, as witnesseth Marsilius Ficinus, in his booke of pestilence in the xi. Chapter.

And

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And the fourme of it is this.

After that the pacient hath received some good and whole, some medicine against the pestilence, and swet (or after letting bloud, if the case doe so require) by and by yee must apli your labour to take away y residue of the vendo, that remaineth in the bodie.

And to the intent yea ought to make a ruptorie, of sowe leuen & Cantharides, or other aboue rehearsed, and set it on the muscle of the right arme vnder the cubite, on the part wheras the pulse lieth, but not vpon the pulse it selfe, & so procure a blister, which ye shall immediatly cut off, & keep the soze running many dayes after, the longer the better for the pacient.

An other issue yee may make in the same manner, vpon the right leg, soure fingers aboue his heele towarde the instep and keepe it open likewise till a moneth or two after heo be recovered.

The sixt Chapter of the cure of Carbuncles and Anthrax

As concerning the curation both of a Carbuncle & the pestilence soze called anthrax, ye may do euery thing according as we spake afore in the generall cure of the pestilence, both as touching dyet, medicines against the venom, cordials, laxatiue, bloud lettings, and ventoses, ye shall heale them as yee shall the botch, in all thinges. But as touching letting of bloud, when ye see a carbuncle or an anthrax by himself without apostume of the eniunctories, be it vpon the necke, or vpon the throte, or the face, or the head, ye must let him bloud in the head veine. If it be vpon the shoulders, brestes, or armes, or other places aboue the Pauill, take the veine called Mediana. And if it be beneath the said places, down vnto the knees take the veyne Saphena, but if it be on the out side of the thigh, take the veyne Sciatica euer vpon the side that the soze is on, (as is said afore, considering the complexion, the strength, the age, and the qualitie of the bloud, even as is said in the chapter of the botche, & like wise apli the ventoses vpon them that can not beare Flebbothomy. Which things persupposed, it is god to set vpon the carbuncle, whether it be with botch or without

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botch, & the yolke of eggs incorporat with as much salt, as ye can temper with it, renewing it every houre during a whole day.

O; els apply the said leches or blood suckers round about the soze, and after they haue sucked out the blood, set thereon a cocke as is said of the botch, o; els a done all hot splitte in the middle. And he that cannot get the leches, yet let him not faile to apply the residue of the said medicines, euery one after another, as afoze is said.

O; a hot lese comming out of the ouen, o; take a swer pœgranad, and cut and seeth it in vineger, o; Scabious brused betweene two stones, o; the roote of daises, o; good swre dough, incorporate with salt & a little oyle olive: all these medicines are good to kill the carbuncle.

The precious stone called a saphire hath also greate vertue against venim and specially against a carbuncle, if ye touch it with the stone, and draw it rounde about the soze by the space of an houre.

But whatsoeuer medicine ye set vnto a carbuncle, ye must lay a defensiu about the soze, which is made as hereafter followeth.

A good defensiu.

Take Sanguis Draconis, & Bole arment, of eche a like much make them in pouder and incorporate them with oile of roses, and a little vineger, and lay it in a cloth al about the soze, with, out touching any parte of it, and renue it when it is hard and dry. But if the person be of god abilitie, and the carbuncle verie fearese and burning, cannot bee quenched with the meanes aforesaid, then ye must procede with an actuall or protential cautery, and to remoue the escare, lay on copons greace o; a little butter, o; els a plaister made of mallow leanes, holibocks violets, Lilly rotes sodden in broth of netes soete, o; other flesh, and afterwarde stamped, strained, and vpon the fire mingled with pouder of linside, barley floure, beane floure, freshe butter, and swines greace, adding to the ende when ye take it of, two yolkes of egges and a little saffron, and stir it well about.

This is good also to ripe the soze, afterwarde mun-

sis

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dise and heale as is said in the other chapter.

I could declare many other remedies but I set them that
hauē beene often proued, and that be most easie for to gette at
need, desiring al them that shall vse these my simple labours,
to accept my good will vnto the best, and to pray to God
almightie for his grace, vnto whom onely be
al laude glory and honoꝝ world with-
out end. Amen.

A declaration of the veines in mans bo-

dy, and to what diseases and infirmities
the opening of every one do serue.



It is not vñknowwen to any which haue seene
Anathomies, how there be in a mans body two
kinds of veines, general and special. Generall
or common veines are thre, which appeare in
the middest of every mans arme on the inner
side, and of them, the highest is called of learn-
ed men Cephalica, or the head vein, and the lowest of al thre,
is called commonly Basilica or Regia, in the right arme by an-
other name Epatica, or the vein of the luer, but in the left arm
it is called Pulmatica, the veine of the lungs.

The thre common veines, lieth between the other ii. in the
muddes, & is named Cordiaca, or the veine of the heart.

The first that we did speake of, that is to say Cephalica, is a
veine most apt to be letten blood, in al the higher parts of mans
body, & is opened for the head ache, and the eies. This veine is
by chaunce ye touch it, and if it bleede not at the first stroke ye
may be bold to strike it once againe, for there is no ieperdy of
cutting of any muscle. And if ye cannot finde it out, take hys
braunch that is about the thombes end.

The veine Epatica, emptieth from the middle parts of al the
body, and it is euer opened against diseases of the Stomacke, &
the spleene, but ye ought therein to be very diligent, that thers
be no muscle perced. If ye cannot spie in the arme, seeke the
braunch of it between the little finger and the fourth.

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The Cordiaca veine draweth blood as well from beneath as from aboue, soz it is compounded of Cephalica Epatica.

If any feeleth a weakenes at his heart, he ought to take god heed that he be not opened in the veyne Cordica, but if necessarie be of bleeding, let him bleed in the Cephalica or Mediana.

So likewise of the other two. The Cordiaca, is good to cure the passions of al the whole body, when they procede of heat, specially of the heart and of the lungs.

But in the pearcing of it, ye must exceeding beware, for vnder it is a certaine muscle, which if it be very deeplie cut, the patient is in iecoberdy of his life.

When ye intend to let a person bloud in any veine, ye must bath the arme wherin ye pearces, in good hot water, & draue the hole abroade, that the grosse bloud may the more easily passe. And here is to be noted, that in al sicknesses and times (except only infection of the pestilence) ye must take the same veine of the thre that doth appeare fuller and bigger then the other are, for by that ye may perceine that the members which belong vnto it, are full of superfluities of too hot bloud, and thys shall be sufficient of the said veines general, now we will reverse the veines speciall.

The veins in the higher part of the fozehead, is good to bee opened in all diseases of the head, and of the braine, specially if they be of long continuance, & it cursthe newe begun lepy.

The two vaines that are behinde the eares, are opened to preserue the memory, mundifie the face, & to take away rumes and distillations from he head, and are good generally in all diseases of the mouth and of the gums.

The two veines of the temples of the head, are good to boide humours fro the eies, and they serue also for al diseases of the eares.

The two veines in the corners of the eies are opened in the cure of webs, spots, cloudes mistes, perles, rednes, cornes, and other infirmities and weakenes of the sight.

The two veins in the hollownes of the eares, serue to heale the shaking of the head, swimming of the eies, dizzines, sound-

ding

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ding of the eares, newe deafenes, and uncleannes of the mouth.

The veine in the tip of the nose, is good against apostumes of the head, reums, and flures of the eies, it purgeth the brain, and conforteth the memory.

This veine must be sought very wisely, for it lyeth deepe, therefore he that will be sure of it, shall find it euен in the b
middes betweene the two sides of the nose end.

This ii. veines within the nosethrilles, are opened against the heauines of the head.

The veine of the lippes is good to take in all diseases of the mouth.

The two veines within the mouth, are opened in diseases of the head, toothach, paine of the iawes, month and throte, and against freckles of the face.

The fourre veines in the palate of the mouth, are good to be opened in the toothach, reums and catarres of the head.

The two veines in the hinder part of the head, are good against the phrensie, swimming, affoning, and all other paines of the head.

The ii. veines vnderneath the young, are opened against the flures of the heade, palsies, quincies Scrophules, A poplexia, cough paines of the mouth, teethe, and gums, against impedimentes of the spach, and generally in all diseases of the brist, harte, lunges, and arteries.

The veine that is betweene the chin, and the nether lip, is good to open in curing of a stinking breath.

The veine that lyeth right vnderneath the chin, is good against the same disease, and also in diseases of the head and of the brist polipus in the nose, paines of the cheekes, stinking of the nosethrilles, Scrophules and spots about the face, ii. veines of the neck, (one before, another behinde) are exceeding good against the pluresie, newe lepy, shaking of the members, humours, and distillations of the head, and too much stynesse of lunnes.

The two veines vnder the arme holes, serue against the

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Graftnes of the brest, paine of the midiste, and the lungs, and
against difficultie of breathing, called Asthma.

The two veines aboues the elbowes, are taken in all disea-
ses of the brest, swimming of the head, spalme, and Epilepsia,
commonly called the falling euill.

Vena purpacia, or the purple veine , lying in the right
arme next Eptica, toward the hand, is opened against diseases
of spirituall members and of the bowels.

The veine Iliaca next vnto the purple veine, if it bee well
taken, is good to heale the paines of all the inward members.

Vena pulsatalis, or the beating veine , is good against the
trembling of the heart, swoyning, and Cordiaca passio.

The twy beynes of the thombes, are opened in diseases
of the head, blared eies, and against the most part of all fe-
uers.

The veine between the fore finger and the thombe, is god
for stopping of the head, and to purge the superfluitie of choler,
is good in agues, and in all diseases of the eies.

The veine that is between the ring finger, and the little(if
it be opened) taketh away diseases of the head, the lungs, and
of the spleene.

The veine called saluatella in the right hande, betweene
the little finger and the next adioyning, is opened in opilati-
ons of the brest, against the gummie matter of the eies , par-
braking, yellowe gaundies, paines and cholikes in the ryght
side of the belly.

And in the left hand it is opened against all diseases of the
spleene, conning of replecion and opilation , and is good to
heale the hentoroides, phrenkle, cholikes in the left side, diseases
of the veines, and too much abundance of the floures.

The veine of the right side, if it be opened, is good in lyen-
teria, distria, dropsies and other infirmities caused of colds
matter.

The beyne of the left side is good against apostumes and
ercoxiation of the bladder, paines of the loines, swelling and
stopping of the spleene.

Of Vaynes

The veine of the belly is good against diseases of the reines, and purgeth out the melancholy bloud.

The .iii. veines about the place called pecten, on eyther side the priuy members are good against superfluous yssues of the hemorooides, and to swage paine in all diseases of the bladder, and the secret places, they stoppe the bleeding of the nose and of other members, and are good to heale the lientery and strangury.

The veine ouer the foreshinne of the yarde, is opened against the dropsye and all diseases of the same member.

The veine vnderneath the saide skinne is holesome to be taken for the crampe or spasme, cholike, swelling of the coddes, strangury, dissurie, and diseases of the stome, both in the reines and in the bladder.

The two veines of the thighes hane a singuler vertue in the curing of diseases in the bladder, and the reines.

The two veines in the legges, do serue against the dropsie, paine and apostumations of the bladder, and the reines, and the priuy members, and against goute and swelling of the knees.

The beyne Saphena on the inner side of the legge, is opened against rection of the floures, and in all diseases of the matrice, reynes, hippes, priuye places of men and women.

The outwards Saphena, otherwise called Sciatica, descending from the legges on the outside, is exceeding good in curing the paine of the hucklebone, wherof it hath the name Sciatica, and ouer that it healeth all diseases of the bladder and the bowells, goute of the handes and of the feete, with other paine of the ioints, and the palsie.

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The two outward veines vpon the ancles, are good to bee opened for retention of the floures, they take away the sicknes of the spleene, and easse the paine of the backe , strangury, and stone.

The two veines under the little toe, are good to purge the superfluitie of the matrice, and to heale Scrophulu, of the face and legges.

The two veines adioyning to the little toe , cure the apoplexie, yellow choler, palsey, and all diseases of the reynes.

The two veines in the lesser ioint of the little toe, are opened in curing of an olde cough, pustules, and Ophthalmia in the eies.

The two veines in the middle toe, are good against the Scrophules, and diseases of the face, spots rednes and pimples, iwrighting of the eies, cankers, and knobs, and against the stoppyng of the floures. The veine on the left ioynt in the great toe , is good against Ophthalmia of the eies, spots of the face and legs, ych, and vlcers of swill complexion, and purgeth superfluities of the matrice . Thus much I haue declared of the utilitie of
veines.

FINIS.

The



The booke of Chil-



To begin a treatise of the cure of children, it should seeme expedient, that we shold declare somewhat of the principles, as of the generation, they being in the womb, the time of preceding, the maner of the birth, the building of the paull, setting of the members, Lauatories vactions, Swathinges, and entreatementes, with the circumstaunces of these and many other: which if I shoule rehearse in parties, it shoule require both a longer time, and encrease into a greater volume. But sozasmuch as the most of these things are very true and manifest, some pertaining onely to the office of a midwife, other soz the reverence of the matter, not meete to be disclosed to euerie vile person: I intend in this booke to let them all passe, and to treate onely of the thinges necessary, as to remoue the sicknesse, wherewith the tender babes are oftentimes affected, & desolate of remedy, sozasmuch many do suppose that ther is no cure to be ministred unto the, by reason of their weaknes. And by that vain opinion, yea rather by a folish feare, they sozake many that might bee well recovered, as it shal appear by the grace of God hereafter, in this little treatise, when we come to the declaration of the medicines. In the meane season soz consistitie of the matter. I entend to write somewhat of the nurse, and of the milke, with the qualities and complexions of the same, soz in that consisteth the chiese point and sum, not onely of the maintenance of health, but also of the sourning of infecting either of the wit or manuers, as the Poet Virgil when he would describe an uncurteous churlishe, and a rude condisioned Tyrant, did attribute the fault unto the giuer of the milke, as in saying thus.

Nec tibi diua parens, generis nec Dardanus author,
Perfide, sed duris genuit te cautibus horrens Caucasus, bir-
canaeque admorunt vbera tigres.

The booke.

For that diuine Poet being throughtly expert in the pxiuities of nature, vnderstood right well how great an alteration euery thing taketh of the humour, by the which it hath his aliment and nourishing in the youth, which thing also was considered and alledged of many wise Philosophers: Plato, Theophrastus, Xenophon, Aristotle, and Pliny, who did all ascribe unto the nurserement as much effect or more, as to the generation.

And Phauorinus the Philosopher (as writeth Aulus Gellius) affirmeth that if the lambes bee nourished with the milke of goates, they shall haue course wull, like the hairs of goates: and if kiddes in like maner sucke vpon sheep, the haire of them shalbe soft like wull.

Wherby it doth appeare, that the milke and nourishing hath a maruellous effect in chaunging the complexion, as we see like wise in hearbes and in plantes, for let the seede of imps be never so good and pure, yet if they be put into an unkind earth or watered with a noughty and vnwholesome humour, either they come not vp at all, or els they will degenerate and turne out of their kind, so that scarce it may appear from whence they haue been taken: according to the verse. Pomaque degenerant, succos oblitia priores.

Wherfore it is agreeing to nature, so is it also necessarie and comely for the owne mother to nurse the owne childe.

Which if it may be done, it shalbe commendable & most hol- some, if not ye must be wel aduisid in taking of a nurse, not of ill complexion & of worse manners: but such as shall be sober, honest and chaste, wel fourmed, amiable and cheareful, so that she may accustom the infant unto mirth, no drunckard, vici- ous nor grettish, for such corrupteth the nature of the childe.

But an honest woman, (such as had a man child last afore) is best not within two monthes after her deliuernace, nor ap- proching neare her time againe. These things ought to be con- sidered of every wise person, that wil set their children out to nurse.

Moreover, it is good to look vpon the milke, and to see whe- ther it be thicke and grosse, or to much thinnes and watry, bla- kishe

Of Children.

hyshe or blewe, or enclining to rednes or yelowe, for al such are unnaturall and euill. Likewise when yee taste it in your mouth, if it be either bitter, salt, or sovre, ye may wel perceiue it is unwholsome.

That milke is god, that is white and sweet, and when ye drop it on your naile, and do moue your finger, neither flescheth a brode at every stering, nor will hange faste vpon yoar naile, when ye turne it downward, but that which is between both, is best.

Sometime it chaunceth that the milke wasseth, so that the nurse cannot haue sufficient to sustaine the child, for the which I will declare remedies leauing out the causes for brevity of time.

Remedies appropriate to the encreasing of milk in the brests.
Parsneppe rootes, & fenel roots sodden in broth of chickyns,
and afterward eaten with a little fresh butter, maketh encrease of milke, within the brestes.

The powder of earthworns dyed and dronken in the broth of an neates tongue is a singuler experiment for the same intent. Also the broth of an olde cocke, with mintes, cinomon and maces.

Rice also sodden in colves milke, with the crums of white bread, fenel seede in pouder, and a little suger is exceeding god.

An other good medicine for the same.

Take Chrystal, and make it in white pouder, and mire it with as much fenel seede and suger, and vse to drinke it warm with a little wins.

A plaister for the encrease of milke.

Take fenel and Horehound, of every one two handfuls, Aniseed, fenell, christal, Horehound, fresh cheese, hony, Lettuce, Beetes, Mintes, Carret rootes, Parsneps: the dugges, or vdder of a Cowe or a sheeps, Goates milke, blanched

The booke.

ched Almonds, Ryce porrage, a cowes tongue dried and made
in powder, posched eggs, Saffron, and the iuyce of rosted veale
dyonken.

Thus much of the nurse, and of the milke: now will I de-
clare the infirmities of children.

Although(as affirmeth Plinic) there be innumerable pas-
sions and diseases, wherunto the bodie of man is subiect, and
as well may chaunce in the young as in the olde: Yet for most
commonly the tender age of children is chiefly vexed and gree-
ued with these diseases following.

Apostenie of the braine.

Swelling of the head.

Scalles of the head.

Waxing out of measure,

Terrible dreames.

The falling euill.

The palsey.

Cramp.

Stiffenes of limmes.

Bloudshotten eies.

Watring eyes.

Scabynesse and itche.

Diseases in the eares.

Peasing out of measure.

Breding of teeth.

Canker in the mouth.

Quinsye or swelling of throtes.

Cough.

Streightnesse of winde.

Feblenes of the stomacke and boniting.

Pearing or hicket.

Colike & rumbling in the guts.

Flur of the belly.

Stopping of the belly,

Wormes.

Swelling of the namill,

The stone.

picting

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Pysing in bed.

Brusting.

Falling of the skinne.

Chasing of the skinne.

Small pox and measles.

Fruers.

Swelling of the Coddes.

Sacer ignis or Chingles.

Burning and salding.

Rybbes.

Consumption.

Leanness.

Goggle eies.

Of the apostumes of the braine.

In the Filme that couereth the braine chaunceth often times an apostumation and swelling, either of too much crying of the childe, or by reason of the milke immoderately hot, or excesse of heat in the bloud, or of colde fleume, and is knowne by these signes.

If it be of hot matter, the heade of the childe is unnaturallie swollen, red and hot in the feeling : if it come of colde matter it is somewhat swollen, pale and colde in the touching, but in both cases the childe cannot rest, and is ever loth to haue his head touched, crieth and vexeth it selfe, as it were in a frensy.

Remedy.

Make a bathe of mallowes, camomill, and lillies sodden with a shepes heade, till the bones fall, and with a sponge or soft cloutes, al so bath the head of the childe in a cold apostume, with the broth hot as may be suffered, but in a hot matter, wet the broth luke warme, or in the cooling, and after the bath, set on a plaister thus.

A plaister.

Take sennegreke, camomill, wormewood, of every one an handfull, seeth them in a close vessell, till the thirde parte bee consumed, then stamp them in a morter, and stirre them, to the which yee shall put of the same brothe againe enough to

The booke

make a plaister with a little beane flower, volkes of egges
and saffron, adding to them fresh butter or duckes greace
sufficient, and apply it. In a colde matter let it lye a day: but
in a hot cause ye must remoue euerie syxe houres.

Offswelling of the head.

Inflation or swelling of the head, commeth of a windie mat-
ter, gathered betwene the skinne and the fleshe, and some-
time between the fleshe & the bones of the scul, the tokes wher-
of are manifest enough to the sight, by the swelling or puffing
vp, & pressed with the finger, there remaineth a prynct, which
is a signe of winde and viscous humours, ye shal heale it thus.

Remedy.

First let the nurse auoide all things that engender winde,
salt, or slimy humours, as beanes, peason, eales, salmon, salt-
fish and like: then make a plaister to the childe's heade after
this fashion.

Take an handfull of fenell, smallach and dille, and seeth
them in water in a close vessell, afterward stampe them, and
with a little cummin, and oyle of bitter almonds, make it vp,
and lay it often to the childe's head warme. In default of oyle
almondes take goosegreace, adding a little vineger.

And it is good to bath the place with a soft cloth, or a sponge
in the broth of these hearbes: Rue, lime, maizam, isop, fenell,
dille, cummin, Sal nitre, mint, radish rootes, rocket, or some of
them, euer taking heed that there drop no portion of the me-
dicines in the babes eies, mouth, or eares.

Scalles of the head.

The heads of children are oftentimes ulcered and scalded, as
well when they sucke, and then most commonly by reason
of sharpe milke, as also when they haue besne weaned, and
can goe alone. Sometimes it happeneth of an euill complexi-
on of humours by eating of rawe fruite, or other euill meates,
and sometime by long continuing in the sunne, many times by
dropping of restie bacon, or of salt beeze on their bare heads.

Otherwhiles they be so borne out of their mothers wombe,
and

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and in all these is no great difficultie till the haire be growen, but after that, they require a greater cure, & a cunning hand, notwithstanding as God shall givis me grace, heere shall bee saide remedies for the cure of them, such as haue beene often-times approued wherein I haue intended to omit the disputations of the difference of scalles, and the humors whereof they do procede, & will goe straight to the composition of medicines, following the good experience, here ensuing.

Remedies for scalles.

If yee see the scalles like the shelles of oysters, blacke and dry, cleaving vpon the skinne, one within an other, yee may make a fomentation of hot and moist hearbes, as fenugreeke, holihocke, beares brych, linsied, and such other, sodden all or some of them in the broth of Petes feet, and so to bath the sores, and after that apply a soft plaister of the same hearbes, with goosegreace or butter, vsing this stil til ye see the scab remoued, and then wash it with the iuice of horehound, smallach, and betonie, sodden togeather in wine, and after the washing put vp on it pouder of mirre, aloes, and frankencense, or holde hys head ouer a chassing dish of coles, wherin ye shall put frankencense and sanders in pouder.

But if ye see the scabs be very sore and mattrie, with great paine and burning of the head, ye shall make an ointment to coole the matter thus.

An ointment to coole the burning of a sore head.

Take white lead & litargy, of euery one b drams, & ie mads of ashes of a vine three drams, oyle of roses an ounce, waxe an ounce, melt the waxe first, then put to the oile and ie, with the rest, and in the ende ii. volkes of egges, make an ointment, and lay it to the head. This is the composition of Rasis.

An other ointment singuler for the same purpose.

Take Betony, groundswell, plantaine, Fumitory, and daisies, of every onelike much, stamp them, and mingle them with a pound offresh swines greace, and let them stand closed in a moist place viii daies to putrisse, then frie them in a pan, and

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and straine them into a cleane vessel, and ye shall haue a green
ointment of a singuler operation for the saide disease , and to
quench all vnkinde heates of the body.

Also ye must vse to shauie the head, whatsoeuer things ye do
lay vnto it.

If there lacke the cleansings of the sores, and the Childe
weareyn, ye shall do well to make an ointment of a little tur-
pentine, bulles gall, and hony, and lay vpon the sores. Also it
is prooued, that the brine of a bull is a singuler remedie to
mudifie the sores, and to loose the heares by the rootes, with-
out any paine or perill.

The iuice also of morell, daisie leaues and groundswell fri-
ed with greace and made in an ointment, cosleth all vnkinde
heates and pustules of the head.

Here is to be noted, that during this disease in a sucking
childe, the nurse must auoide all salt, and sower meates that
engender choler, as mustarde, vineger, and such: and all ma-
ner fruities, (except a pomgranate) and she must abstaine in
this case, both from egges , and from other kynge of white
meates in generall, and aboue all she may eate no dates, figs,
nor parcelane, for many holde opinion that Purcelane hath
euill propertie to breed scabbes and vlers in the head.

Mozeuer the childe's head may not be kept too hot, for that
is oftentimes the cause of this disease.

Sometimes it chaunceth that there breseth in the head of
children as it were litle wartes or knobbis somewhat harde,
and can not be resolued by the saide medicines . Wherefore
when ye see that none other thing will helpe, ye shall make a
good ointment to remoue it, in manner as hereafter is de-
clared.

An excellent remedy for wartes or knobbis

Lake Litarge and white lead, of ech a like quantite, brim-
stone and quickesiluer quenched with spittie , of each a lesse
quantitie, twise as much syre of roses, and a spoonefull or two
of vineger, mix them altogether, on a Marble till they be an
ointment

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ointment and lay it on the head, and when it hath bene dry an hour or twoe washe it off with water, wherein was sodden maizoram, saucy and mints, vse it thus twise a day, morning and euening, till ye see it whole. This thing is also good in all the other kind of scalles.

Of watching out of meascare,

Sleep is the nourishment and foede of a sucking child, andasmuch requisite as the verie teate, wherefore when it is deprived of the naturall rest, all the whole body falleth in distemper, crudity and weakenes: it proceedeth commonly by corruption of the milke, or to much abundance, which ouerlaideh the stomacke, and for lack of good digestion, vapours, and fumes arise unto the head, & infect the braine, by reason wherof the child cannot sleep, but turneth and vereth it selfe with crying.

Therefore it shalbe good to prouok it to a natural sleepe thus, according to Rasis.

Annoynt the sozeheade and temples of the child, with oyle of violets and vineger, putting a drop or two in the nosethrilles, and if ye can get any sirrup of poppie, give it the child to lick, and then make a plaister of oyle of saffron, lettuce, & the iuice of poppy, or wet clouts in it, & lay it ouerthwart the temples.

Also the saedes and the heades of poppy, called Chelbulles, stampe with rose water, and mixt with womans milke, and the white of an egge, beatē al together and made in a plaister causeth the childe to receive his naturall sleepe.

Also an ointment made of the saede of poppy and the heades, one ounce, oile of lettuce, & of poppy, of eche two ounces, make an ointment and vse it.

They that cannot get these oyles may take the hearbes, or iuyce of lettuce, purcelane, houseleke, and poppy, and with womans milke, make a plaister, and lay it to the sozehead.

Oyle of violets, of roses, of Menuphar are good, and oyle of populeon, the broth of mallowes sodden, and the iuice of water plantaine.

The booke.

¶ Of terrible dreames and feare in the sleep.

¶ Oftentimes it happeneth that the childe is afraide in the sleep, and somtimes waketh sodainly, and starteth, sometime shriketh and trembleth, which defed commeth of the rising of stinking vapours out of the stomack into the fantasie and senses of the braine, as yee may perceiue by the breath of the childe: wherfore it is good to giue him a little honny to swallow, and a little pouder of the seedes of Pionie, and sometimes triacle, in a little quantity with milke, and to take heed that the child sleep not with a ful stomack, but to beare it about walking, til part be digested, and when that it is laid, not to rocke it much, for ouermuch shaking letteth digestion, and maketh the child many times to vomit.

The falling euill called in the greeke tongue epilepsia.

¶ At onely other ages but also little children, are oftentimes afflicted with this grieuous sicknes, sometime by nature receiuued of the parents, & thē it is impossible or difficulte to cure, sometime by euil and vnholesome diet, wherby theris engendred many colde and moist humours in the braine, wherupon this infirmitie procedeth, which if it bee in one that is young and tender, it is very hard to be remoued, but in them that are somewhat stronge, as of seauen yeares, and byparde, it is more easie.

I finde that many things haue a natural vertue againstte the falling euil, not of any quality elemental, but by a singular property, or rather an influence of heaven, whiche almighty God hath giuen unto things here in earth, as by these and other.

Saphires, Smaragdes, red coral, Pionie, Mistletoe of the Oke, taken in the moneth of March, and the moone decreasing Tyme, Saynein, oil, and the stone that is found in the belly of a young swallow, being the first broode of the dam. These or one of them, hanged about the necke of the childe, saueth and preserueth it from the said sicknes. Now wil I desribe some god and wholesome medicines to bee taken inward for the same disease.

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If the childe bee not very young, the maw of a Leueret, dronke with water and hony cureth the same.

A medicine for the falling sickenesse.

Take the roote of Piony and make it into powder, and giue it to the childe to liske in a little pappe and suger.

They that are of age, may eate of it a good quantitiie at once and likewise of the blacke serdes of the same Piony.

Item the purple violets that creepeth on the ground in garnis with a longe stalke, and is called in english Hartesease dronken in water, or in water & Hony, helpeth this disease in a young child.

Moreover the muscle of the oke rased and giuen in milke, or in water and hony, is good.

Also ye may drinke a water, of the flowers of lind, it is a tree called in Latin Tili, the same wherof they make ropes & halters of the bark, take the same flowers and distill a Water, and let the pacient drinke of it now and that a spooneful, it is a good remedy.

Item the roote of the sea thistle called Erigum in latin, eat in broth or dronken is exceeding good.

Some white that Cicory, is a singuler remedy for the same disease. It is ment by wilde Cicory, growing in the cornes.

The flowers of Rosemary, made in a Conserua hath the same effecte in curing this disease.

I coulde declare many other remedies commended of aghoures, but at this time these shalbe sufficient.

Now I will entreate somewhat of the palsey.

Of the Palsey or shaking of members.

The cure of the palsey in a childe, is not like to that which is in elder age, for the sinnes of a childe be very nesh & tender, and therfore they ought to haue a much weaker medicine, evermore regarding the power of the sickenesse, and the vertue or debilitie of the grieved pacient.

For sometimes the child cannot lift neither legs nor armes, which if it happen during the sucking, than muske the

The booke.

nurse use a diet enclyning to hot and dry, and to eate spiccs, as Galingale, Cinamon, Ginger, Mactis, Putmgs, and such other, with rosted and fryed meates, but abstaine from milke and al maner fish. And it shall be good for her to eat, an electuary made after this sort. Take mints, Cinamon, Cumin, rose leaues dryed, Maltike, Fenugrek, Valerian, Ames Doronisi, Zedoary, cloues, Saunders and Ligumm aloes, of every one a dram, Muske half one dram, make an electuary with clarifid hony, and let her eate of it, and give the childe as much as halfe a nut every day to swallow.

A plaister.

Take an ounce of ware, and a dram of Cuphorbium, at the potecaries, and temper it with Dyle Oline on the fire, and make a serecloth, to comfort the backe bone, and the sinewes.

A goodly lauatory for the same purpose.

Take lie of ashes, and seth therin bauburies, and a much pionic seedes, in a close vessell, to the third parte, and wash the childe often with the same.

Item a bath of saffery, Spaloriam, tyme, sage, nepte, smal-lage, and mints, or some of them is very good and holesome.

Also to rubbe the backe of the childe and the limmes, with oyles of roses and spike, mirt together warm, and in stede of it ye may take vise of bairns.

Of the Cramp or spasmodus

This disease is often scene among childef and commeth verily lightly, as of debilitie of the nerues and cordes, oyles of grese humours, that suffocate the same, the cure of the which is declared of authours to be done by frictions and ointments that comfot the sinewes and dissolve the matter, as oyle of fflorence, deluice, with a little Agille, Muskron, and the rootes of Pomi.

Item oyle of Camomill, Fenugrek and Spellotte, or the herbs sodden, Betony, wormewood, beruein, and tyme, are exceeding good to wash the childe inay deuouring to stiches.

Item the playster of Cuphorbium, written in the vare of palsey.

Of Children.

Of the stifnes or starchnes of limmes.

Sometimes it happeneth that the lims are starke, and can not well come togeather without the greater paine, which thing proceedeth many times of cold, as when a childe is found in the frost, or in the streete, cast away by a wicked mother, or by some other chaunce, although I am not ignorant that it may proceede of many other causes, as it is saide of Rasis, and of Arnolde de villa noua, in his booke of the cure of infants.

And here is to be noted, a wonderfull secret of nature, many times approued, written of Auen in his first Canon, and of Celsus Antiquarum electionum lib. 13 Capit. 37 that when a member is utterly benummed and taken through cold, so that the patient can not feele his limis, nor mooue them according nature, by reason of the vehement congelation of the blood, into such case the chiefe helpe or remedie is not to set them to the fire to receive heat, for by that meanes, lightly we see that every one swooneth and many die out right, but to set the feete, legges, and armes, in a pale of cleere colde water, which immedately shall dissolve the congelation, and restoore the blood to his former passage and streame, after that ye may lay the patient in a bed to sweat, and gine him hot drinke and caudels or a toleis of a Capon hot, with a little cinanton and saffron, to comfort the hart. An argument of this cure ye may finde thus.

When an apple or a peare is frozen in the winter, set it to the fire, and it is destroyed: but if ye put it into colde water, it shal as wel endure as it did afore, whereby it doth appeare, that the water resolutely tolde, better with his moisture, then the fire can do by reason of his heate: for the water relenteþ, and the fire drawith and dryeth, as affirmeth Galen in his booke of elements.

Hitherto haue I declinéd by occasion, but I trust not in vain to the reader now to my purposē.

When a young childe is so taken with a colde, I steeme it best for to bath the bodie in luke warme water, wherein hath been sodden spawdjam and time, isop, sage, mintes, and such other good and comfortable hearbes, then to relieue it with

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meates of good nourishment, according to the age and necessitie, and if neede bee, when ye see the limmes yet to be starke, make an ointment after this forme.

An ointment for stiffe and stoened limmes.

Take a good handfull of nettles, and stamp them, then seeth them in oyle to the third parte in a double vessell, keepe that ointment in a drye place, for it will last a great while and it is a singuler remedy for the stoenes that commeth of colde, and who so anointeth his hyns and feet with it in the morning, shall not be grieved with colde all the day after.

The leaves of nettles gathered in haruest and kept for the same intent, is exceeding good sodden in oyle, or fried with swines greace, which thing also is very good to heal the kibes of heales, called in Latine Perniones. The wine of a goate with the dung stamped and laide to the place, resolueth the kibesse of limmes.

When the cause commeth not by extreame cold, but of some other affection of the sinowes and cordes, it is best to make a bath or a fomentation of hearbes that resolute and comfort the sinowes, with relaxacion of the grosse humors, and to open the pores, as by example thus.

Take Mallowes, hollihocke and dyll, of ech a handfull or two, seeth them in the water of Petes ferte, or in broth of flesh without salt, with a handfull of brannie and cuminin, in the which ye shall bathe the childe, as warme as hee may suffer, and if ye see necessitie, make a plaster with the same hearbes and lay it to the griefs with a little goosegreace, or duckes greace, or if it may be got, oyle of camomill, of lillies, and of dill, clothes wet in the sayde decoction, and laye about the members helpeth.

Of bloodshotten eies and other infirmities.

Sometyme the eies are bloodshotten, and otherwhiles increasing a filthic and white humour, covering the sight: The cause is often of too much crying, for the which it is good to droppe in the eies a little of the juice of nightshade, otherwyse called morelli, and to anoint the sayde head with the same, and

if

Of Children.

If the eie swell, to wette a cloth in the iuice, and the white of eggs, and lay it to the griesse. If the humors be clammy and tough, and cleaueth to the corners of the eies, so that the childe cannot open them after his sleepe, it shalbe remoued with the iuice of houlsiske, dropped in the eie with a feather.

When the eie is bloudshotten and red, it is a singuler remedie to put it in the bloud of a yong pigion, or a dove, or a partrich, either hot from the birde, or els dyed and made in pouder, as subtil as may be possible.

A plaister for swelling and paine of the eies. Take quincies and crumis of white breads, and seeth them in water till they be soft, then stampe them, and with a lyttle saffron and the yolkes of two eggs, make a plaister to the childs eyes and forehead. Yee may let him also receiue the same of that decoction. It is also good in the megrim: if yee will haue further, looke in the Regiment of life, in the declaration of paines of the head.

Of watring eies.

If the childs eies water ouer much, without crying, by reason of distillation comming from the head, Monardus teacheth a godly plaister, to restraine the reumes, & is made thus. Harts horne brent in pouder, and washed twise, Guajacum, or therwise called Lignum sanctū, Corticumthuris, Antimonic, of each one part, muske the third part of one part, make a fine pouder and vse it with the iuice or water of fennell. These things haue vertue to stanch the running of the eies. The shelles of stayles brent, the ticks that is found in the bugs of bine, phylpendula, Frankensence, and the white of an egge laid upon the forehead, flewaste, or the water wherein it is steeped, cutie, the water of buddes of oke staled, beane flower finely sifted, and with the gummre of a cherrie tree steeped in vineger, and layde ouer all the temples.

Of scabbines and yteh.

Sometyme by reason of excesse of heate, or sharpenes in the milke, through the nurses easing of salt and eager meates,

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it happeneth that a childe is seene full of putch by rubbing, scrtting, and chasing of it selfe, encreasing a scabbe called of the Greckes Psora : which thing also chaunceth vnto many after they be weaned, proceding of salt and adust humours. the cure whereof differeth in none other, but according to the difference of age, soz in a sucking babe the medicinnes may not be so sharp, as it may be suffered in one that is already weaned. Against such vnkinde putch, ye may make an ointment thus.

Lake water of betony, two good handfulls, daylie leaues, and Alchole otherwise called Tudnour or ground iute, of each one handfull, the red docke rootes, two or three, stamp them altogether, and grinde them wel, then mingle them with fresh greace and againe stamp them.

Let them so stand viii. daies to putrefie till it be hoare, then syr them out and straine them and kepe it for the same intent.

This ointment hath a great effect both in young and olde, and that without repercussion or driving backe of the matter, which shoulde be a perillous thing for a young childe.

The hearbe water betony alone, is a great medicine to quench all vnkinde heats without danger, or the seething of it in cleare well water, to annoint the members. It is a common hearbe and groweth by Riuers sides, and small running waters, and wet places, arising many times the height of a man out of the ground, where he reioyceth, with a stalke soure square, and many biaunches on every side and also it beareth a whitish blewe flower very small, and in harvest it hath inumerable seedes, blacke, and as fine as the seedes of Cusone or less, the leaues bigge and long according to the ground, full of iuice, tagged on the sides like a Saw, euen as other betony, to whome it approcheth in figure, and obteyneth his name of Water Betony. The sanguine of the lease is somewhat hearie, most like to the sanguine of elvers or Wallwoort, but when it is brused it is more pleasant, which thing enduceth me to vary from the mindes of them that thinke this hearbe to be Galiopsis in Dioscorides, written of him that it shoulde stinke when it is stamped, but the more this hearb is stamped,

the

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the more sweet & hearblike it sauoureth: wherefore it cannot be Galiofis, and besides that, it is never found in dry and stony ground as that Galiofis is. Neither is this hearb mentioned of the new or old authours, as far as I can see, but of onely Vigo, the famous surgion of our time in Italy, which writeth on it, that this herbe exceedeth all other in a malo mortuo (so calleth he a kinde of lepy Elephantike, or an vniuersal & filthy scabbe of all the body:) and in like maner he saith it is good for to cure a canker in the brests. Ye may read these things in his second Booke, Capitulo, third: and his fist book of the French pocks, in the chird chapter, where he doth describe this aforesaid herb with so manyfelle tokens, that no man wil doubt it to be water betony, conferring the booke and the herb duly together. More over he nameþ in Italy a bridge wherin groweth in the waſter in great abundance and is called of that nation Alabeueratore which indeede the Italians that come hither and knowe both the place and the herb do affirms plainly, it is our water betony. And wheras be aledgedh Diaſcorides inclimeno, which by contemplation of both hath but ſmall affinitie or none with this herb, it was for nothing els but lack of the tongues, which fault is not to bee to highly rebuked in a man of his ſtudy, applying himſelf moare in the practise of ſurgery, and to handy ſparation, wherein indeede he was neere incomparable, then he did to ſearch the variaunce of tongues, and rather regarded to declare the operation of things with trueth, then to diſpute upon the properties or names with eloquence. Thus haue I declined again from my matter, partly to ſhowe the deſcription of this holeſome hearb, partly to ſatisfie the mindes of the ſurgions in Vigo, which haue hitherto red the ſaid places in vain, and furthermore because there is yet none that declarerh manifestly the ſame hearb.

An other remedy for ſcabs and itche.

Take the rots of dockes, & fry them in fresh grefe, the put to a quantity of brimſtone in pouder, & vſe to rub the places twise or thrise a day. Brimſtone poudered & ſupped in a rere ege, healeth the ſcabs, which thing is alſo very good to deſtroy worms.

The booke.

An goodly sweet sope for scabbes and itche.

Take white sope halfe a pounde, and stepe it in sufficient rose water, till it bee well sooked, and sette them in freshe greace to putrysie then take two drammes of mercury sublimed, dissolute it in a little rosewater, labour the sope and the rosewater well together, and afterward put it in a little muske or Cinete, and keepe it. This sope is exceeding good to cure a great scab or itche, and that without perill, but in a childe it shal suffice to make it weaker of the mercury.

Another approued medicine of scabbines and itche.

Take Fumitory, docke rootes, Scabious, and the rootes of walwort, stampe them all, then fry them and straine them, in which licour ye shall put turpentine a little quantitie, Bzim-Stone and frankensence very finely poudred and sifted a portiōn, and with sufficient waxe make an ointment on a soft fire: this is a singuler remedie for the same purpose. But in this cure ye oughtto giue the child no egges, nor any eager or sharp meate, & the nurse also must anoide the same, and not to wrap it in too hot, and if neede be, to make a bath of Fumitory, Centaury, Fetherfewe, Tansy, Wormewoode, and sage alone, if ye see the cause of the itche or the scabbe to bee wormes in the skin, for a bitter decoction shal destroy them, and dry vpp the moistures of the sores.

Of disease in the eares.

Many diseases happen in the eares, as paine, apostums, swellings, tinkling and sounde in the heade, stopping of the organs of hearing: water wormes, and other infortunes gotten into the eares, wherof some of them are daungerous & hard to be cured, some other expelled of nature without medicinē. Remedy for paine in the eares.

For paine in the eares without a manifest cause, as often chaunceth, it is a singuler remedy to take the cheſt wormes, that are found vnder barks of trees, or in other stumps in the ground and wil turne round like a pease, take of them a good quantitie, and seeth them in oyle, in the rind of a Pomegranate on the hot imbers, that it bzen not, and after that straine it & put into the

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the eares a drop or two luke warme, and then let him lie up on the other eare, and rest, yes may give this to all ages, but in a childs ye must put a very little quantity.

Another.

The hame or skin of an adder or a snake, that shee casteth boyled in oyle, and dropped into the eares, easeth the pain, and it is also good for an eare that mattereth, mingled with a little hony, and put in luke warme.

It is also good to drop into the eares the iuice of Organy and milke.

For swelling vnder the eares.

Painters oyle, which is oyle of linseede, is exceeding good for the swelling of the eares, and for paine in the eares of all causes. Item a plaister made of linseede and dyll, with a little duckes grese and hony. If ye see the apostume breake, and run, ye may cleanse it with the iuice of smallache, the white of an eg, barley flower and hony, which is a common plaister to mundifie a soze.

When the eares haue received water or any other licour, it is good to take and stampe an onion, and wring out the iuice with a little goosegrese and drop it hot into the eares as it may be suffered, and lay him downe on the contrary side an houre, after that cause him to neese, if his age will suffer with a little pellitory of spaine, or neesing pouder, & then encline his ears downward that the matter may issue.

For wormes in the eares.

Take mirre, aloes, and the seede of Colocinthes, called co-loquintida of the Apotecaries, a quantity of eche, seeth them in oile of roses and put a little in the eare. Mirre hath a great vertue to remoue the stench that is caused in the eares by any putrefaction and the better with oyle of bitter almonds, or ye may take the iuice of wormwood with hony and salt peeter.

For wind in the eares and tinkling.

Take mirre, spikenard, Cummin, Dil, and oile of camomil, and put a drop in the eares. They that haue not al these, may take some of them, and apply it according to discretion. To a widdewesnes, ys shal make an ointment of an Hares gal, & the

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Grese or dropping of an eele, which is a soueraine thyng to recover hearing.

Of neesing out of mesure.

VVhen a child neeseth out of mesure, that is to say, with a long continuance & therby the braine and vertues animal be feebled, it is good to stop it, to auoids a further inconuenience.

Wherfore ye shal anoint the head with the iuyce of Purse-lane sozel, & nightshade, or some of them, and make a plaister of the white of an egge, and the iuce, with a litle oyle of roses, and emplaister the fozeheade and temples, with the milke of a woman, oile of roses, and vineger a litle.

If it come of cold reume, ye shall make a plaister of mastike, frankensence mir, winc, and apply it to the former part of the head: A some of the sams receiued in flax, & laid vpon the child's head, is holesome.

Breeding of teeth.

About the seventh moneth, somtyme more sometime lesse, after the birth, is is naturall for a child for to brede teeth, in which time many one is sore vexed with sundry diseases & pains, as swelling of the gummes and iawes, vnquiet crying: feuers, cramps, palsies, flures, reumes, & other infirmities, specially, when it is long or the teeth come forth, for the sooner they appeare, the better and the more ease it is to the child. There be diuers thinges that are good to procure an easie breeding of teeth, among whom the chiefeſt is to anoint the gums, with the brains of an Hare, mirt with as much capons gresē and hon y, or any of these thinges alone, is exceeding god, to supply the gums & the fine wyes. Also it is good to washe the child two or thre times in a week, with warm water, of the decoction of camomil, holihock, and dill. Fresh butter with a litle barley flower, or Hony, with the fine ponder of frankensence & liquorice, are commended of good authořs for the same intent. And when the pain is great, & intollerable, with apostame or inflammation of the guyis, it is god to make an ointment with oile of roses with the iuce of mozel, otherwise called nightshade, and

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In lacke of it, anoint the iawes within, with a little fresh butter and hony.

For lacke of the hares braine, ye may take the conies, for they be also of the kindes of hares, and called of Plinic Dasipodes, whose mawes are of the same effect in medicine, or rather more then it is written of authours, of the mawes of hares.

If ye see the gummes of the childe to apostume, or swel with soft flesh, full of matter and painefull, the best shalbe to anoint the soze place with the braine of an hare, and capons greace equally mixt togeather, and after that you haue vsed this, once or twice, anoint the gummes and apostumations with hony.

Thirdly if this helpe not, take turpentine mixt with a little hony in equall portion. And make a bathe for the heade of the childe, in this forme following.

Take the flowers of camomill and dyll, of ech an handfull, seeth them in a quart of pure running water, vntil they be tender, and wash the head afore anie meate, every morning, for it purgeth the superfluitie of the braines, through the seames of the scull, and withdraweth humours from the soze place, finally comforteth the braine and all the vertues animall of the childe.

To cause an easie breading of teeth, many things are referred of authours, besides the premisses, as the first cast toothe of a colt, set in siluer and borne, or red corall in like manner hanged about the necke, whereupon the childe shoulde often times labour his gums, and many other like, which I leau out at this time to auoide tediousnes onely content to declare of this corall, that by consent of all authours, it resisteth the force of lightning, helpeth the children of the falling euill, and is very good to be made in pouder, and dronken against al manner of bleeding of the nose or fundament.

Of canker in the mouth.

Many times by reason of the corruption of the milk, venomous vapours arising from the stomacke, and of manie other infortunes, there chaunceth to breed a canker in the mouthes of children, whose signes are manifest enough, that

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is to say by stinking of the mouth, paine in the place, continuall running of spittle, swelling of the cheeke, and when the mouth is opened against the sunne , yee may see clearely where the canker lieth. It is so named of the latter sort of phisitions, by reason of creeping and eating forward and backward , and spreadeth it selfe abroade, like the feete of a Creuisse, called in latine Cancer, notwithstanding, I knowe that the Greekes, and auncient Latines, gane other names vnto this disease, as in calling it an vicer, otherwhiles Aphthe, nome, carcinoma-ta, and like, which are all in english knownen by the name of canker in the mouth, and although there be many kindes according to the matter whereof they bee engendred, and therefore require a diuersity of curing, yet for the most part, when they be in children, the cure of them all differeth very little or nothing, for the chiefe intent shalbe to remoue the malignitie of the soze, and to drie vp the noysome matter and humours, then to mundifie and heale, as in other kindes of vlcers.

Remedies for the canker in the mouth of children.

Take drie red roses, & violets, of ech a like quantitie, make them in pouder, and mixe them with a little honie, thys medicine is very good in a tender sucking childe, and manie times healeth alone without any other thing at all. But if yee see there be great heat and burning in the soze, with exceeding paine, yee shall make a iuice of purcelane, lettice and night-shade, and wash the soze with a fine peece of silke, or drie it in with a spout, called of the surgions a spring . This by the grace of God, shall abate the burning, aswage the paine, and kil the venom of the vlcer. But if ye see the canker yet increase with great corruption and matter, ys shall make an ointment after this maner.

Take mirre, galles, wherewith they make ynke, or in de fault of them oken apples dried, frankenscence of ech a like much, of the blacke berries growing on the bzbamles taken from the bush while they be greene the iii. part of all the rest, make them all in pouder, and mixe them with asmuch honie and saffron, as is sufficient, and vse it.

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A stronger medicine for the canker in the mouth of children.

Take the roote of Celidoni dried, the rinde of a pomgranad, red corall in powder, and the powder of a harts horne, of each a like, roche alum a little. First wash the place with wine, or warme water, and honie, and afterward put on the aforesaide powder very fine and subtil.

Another singuler medicin for the caker in the mouth of al ages.

R. Rose, sage, rue, of each one good handfull, seeth them in wine and water to the thirde part, then straine them out, and put in it a little white coppozole, according to necessitie : that is to say, when the soze is great, put in the more, when it is small, ye may take the lesse, then ad to it a quantitie of honye clarified, and a spoonesfull or two of good aqua vita, wash the place with it, for it is a singuler remedy to remoue the malice in a shourt while, which done, ye shall make a water incarnation and healing thus. R. Ribwort, bitony, and daisies, of ech an handfull, seeth them in wine and water, & wash his mouth two or thre times a day with the same iuice. Moreover sonie write that christal made in fine powder, hath a singuler vertue to destroy the canker, and in like maner the powder of an harts horne brennt with asmuch of the rinde of a pomgranade and the iuice of nighshade, is very good and holesome.

Of quinsie and swelling of the throte.

The quinsie is a dangerous sicknes both in young and old, called in latine Sangina, it is in an inflammatiōn of the necke, swelling and great paine, sometimes it lyeth in the very throte, vpon the wesaunt pipe, and then is it exceeding perillous, for it stoppeth the breath, and strangleth the patient anon: otherwhiles it breaketh out like a bonch on the one side of the necke, and then also with great difficultie of breathing, but it choketh not as soone as the first doth, and it is more obedient to receive curation. The signes are apparant to sight, and besides that the childe cannot crie, neither swallow, down his meate and drinke without paine.

Remedy.

It is good to annoyn the griefe with oyle of dyl, or oile of camomill, and lillies, & to lay vpon the head, hot clouts dipt in the waters

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waters of rosemery, lauender, and sanery. The chieffest reme-
die commended of authours in this outragious sicknesse,
is the pouder of a swallows brest with feathers and all, and
mixt with honie, whereof the pacient might swallow downe a
little, and the rest annointed vpon the paine. They praise also
the pouder of the childe's dung to the childe, and of a man to a
man, brest in a pot, and annointed with a little hony. To make
a compound ointment of both, the receipt is thus. R. of the swal-
low brest one portion, of the second pouder another, make it in
a thicke forme with honie, and it wil endure long for the same
intent.

Item an other experiment for the quinsy and swelling vnder
the eares. Take the musherom that groweth vpon an elder
tree, called in english Jewes eares (for it is indeed crooked and
flat, much like an eare) heate it against the fire and put it hot
in anie drinke, the same drinke is good and holesome for the
quinsy. Some hold opinion, that who so vseth to drinke with it,
shall never be troubled with this disease, and therefore carrie
it about with them in iournies.

Of the Cough.

The cough in children for the most part procedeth either of
colde or by reason of reumes, descending from the heade
into the pipes of the lungs or the brest: and that is most com-
monly by ouermuch abundance of milke corrupting the sto-
macke and braine: therefore in that case, it is good to feede the
childe with a more slender diet and to annoynct the head ouer
with honie, and now and then to presse his tongue with your
finger, holding downe his head that the reumes may issue, so
by that meanes the cause of the cough shall runne out of hys
mouth, and auoide the childe of many naughtie humors: which
done, many times the pacient amendeth without any further
helpe of medicine.

For the cough in a childe.

Take gumme arabike, gumme dragagant, quince seedes,
liquoyce and penidies, at the apothecaries, breake them alto-
gether, & giue the childe to sup a little at once, with a draught
of

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of milke new warme, as it commeth from the cow. Also stamp blaunched almonds, and wⁱng them out with the iuice of fenell, or water of fenell, and giue it to the childe to feede with a little suger.

Against the great cough and heate in the body.

The heade of white poppy, and gum Dragagant, of eche a like much, long Cucumber seedes, as much as all, seeth them in whay, with Kaisins and suger, and let the child drinke of it twise or thrise a day luke warme or colde.

Of straitnes of wind.

A gainst the straitnes of breathing, which is no quinsy, the consent of authours do attribute a great effect, to linesede made in pouder, & tepered with hony, for the child to swallow down a little at once. I finde also that the milk of a mare newly received of the child with suger, is a singuler remedy for the same purpose. Whiche thing moreover, is exceeding holesome to make the belly laxe without trouble.

Of weakenes of the stomack and vomiting.

M any times the stomacke of the childe is so feble that it cannot retaine either meat or drinke, in which case and for all debilitie thereof, it is very good to washe the stomacke with warme water of roses, wherein a little muske hath bene dissolved, for that by the odour and natural heat giueth a comfort to all the spiritual members.

And then it is good to rost a Quince tender, and with a little pouder of Cloues & suger to give it to the childe: To eate conserva Quinces, with a little cinammon and cloues, is singuler good for the same intent. Also ye may make a iuce of Quinces and give it to the childe to drinke with a little suger.

An ointment for the stomack.

Take gallia muscata at the Potecaries xx. grain weight, mirre a very little, make it vp in ointment fourm, with oile of mastike and water of roses sufficient, this is a very good ointment for the stomack.

An other singuler receipt.

Take mastike, Frankenscence, & dry red roses, as much as is sufficient, make them in pouder, and temper them vp with

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the iice of mints, and a spoonful of vineger and use it.

An other.

Take wheat flour & parch it on a pan, til it begin to bren & ware red, then stamp it in vineger, & ad to it the yolkes of two eggs hard rossed, Mastike, Gum, and frankensence sufficient, make a plaister and lay it to the stomack.

To recover an appetite lost.

Take a goed handful of ranke & lusty rew and seeth it in a pint of vineger to the iii. part or les, and make it very strong, wherof if it be a childe, ye may take a tosse of brown bread, and stamp it with the same vineger & lay it plaister wise to the stomack & for a stronger age besides the plaister, let him sup morning & euening of the same vineger. This is also god to recover a stomack lost, by comming to a fire after a long iourney, and hath also a singuler vertue to restore a man that sownesth. An experimē: oftē approued of Rasis for the vomit of childre. Rasis a solemine practioner among phisitions, affirmeth that he healed a great multitude of this disease, onely with the practise following. Which he taketh to be of great effecte in all like cases. First he maketh as it were an electuary of Apotecarie, Stiffe, that is to say, Lignum aloes, Mastike, of euery one halfe a drami, galles, half a scruple, make a lectuarie with sirrup of roses, & Gallia muscata & suger. Of this he gaue the children to eate a very litle at once and often. Afterward he made a plaister thus. R. Mastike, aloes, floes, galles, frankensence, & brent bread, of ech a like portion, make a plaister with oyle & sirrup of roses to be laid to the childe's stomache hot.

Another ointment for the stomacke, described.

of Wilhel. Placentino.

Take oyle of Mastike of wormwood two ounces, war, thre ounces, cloves, macis, & Cinammon, of ech thre drams, make an oyntment adding in the end a litle vineger.

The yolke of an egge hard rossed, mastike, frankensence and gum, made in a plaister with oyl of Quinces, is exceeding god for the same purpose. Of yeaxing or hicket.

I chaunce often times that a childe yearesh out of mea-
sure; wherof it is expedient to make the stomacke stiger afore

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it be so be sicke, and not to replenish it with too much at once, for this disease commonly proceedeth of sulnes, for if it come of cumminnes, or of sharp humours in the mouth of the stomacke, which is seldom seen, the cure is then very difficult & daungerous.

Remedy.

When it commeth of sulnes that a child year eth incessantly without measure, and that by a long custome, it is good to make him vomit with a fent rore by some other light meanes, that the matter which causeth the yearing, may issue & uncomber the stomacke, that done, bring it a sleepe, and use to anoint the stomacke with oiles of Castor, spike, camomil, and Dill, or two or thrie of them, ioyned together warm.

Of colike and rumbling in the guts.

Paine in the belly is a common disease of children, it commeth either of worms, or of taking cold, or of euill milke, the signes therof are too wel knownen, for the child cannot rest, but cryeth and fretteth it self, and many times cannot make their wrene by reason of windeth it oppreseth the necke of the bladde, and is knownen also by the member, in a man child, which in this case is alway stiffe, and pricking, moreouer, the noyse and rumbling in the guts, hither & thither, declareth the child to be grieved, with wind in the belly, and colike.

Cure.

The nurse must auoide al manner of meats, that engender wind, beancs, peason, butter, hardeggs, and such: Then wash the childe's belly with hotte water, wherein hath bene sodden cummin, Dill and fenell, after that make a plaister, of oyl and wax, and clap it hot vpon a cloth vnto the belly.

Another good plaister for the same intent.

Take good stale Ale, and freshe butter, seeth them with an handful of cummin poured, and after put it altogether into a swines bladder, and biande the mouth fast, that the licour vsse not out, then winde it in a cloth, and turn it vp and down vpon the belly as hot as the pacient may suffer, this is god for the colike after a sodaine colde, in all ages, but in children yee must beware ye apply it not too hot.

The booke.

Of flux of the belly.

Many times it happeneth, either by taking colde, or by reason of great pain in breeding of teeth, or else through salt and eager sleum or choler engendred in the body, that the childe falleth into a sodaine lax, which if it long continue and bee not holpen, it may bring the pacient to extreme leanes & consumption: wherefore it shall be good to seeke some holesome remedie, and to stop the running of the flux thus.

Remedy for the flux in a childe.

First make a bath of herbs that do restrain, as of Plantain, saint Iohns weede, called Ipericon, Knotgrasse, Bursa postoris and other such or some of them, and use to bath him in it, as hot as ye may wel suffer, then wrap him in with clothes, and lay him downe to sleep.

And if ye see by this twise or thrise vsing that the belly be not stopped: Ye may take an egges volke harde rosted, & grind it with a little saffron, Mirre and wine, make a plaister, and apply to the nauill hot. If this succede not, then it shall be necessary so to make a pouder to give him in his meate, with a little suger, and in a small quantity thus. Take the pouder of Harts horne brent, the pouder of Goates clawes, or of swines clawes brent, the pouder of the seedes of roses which remayne in the berry when the rose is fallen, of every one a portion, make them very fine, and with good red wine or almon milk, and wheat flower, make it as it were a paste, and dry it in little balles til ye see necessarie, it is a singuler remedie in al such cases.

Item the milks wherein hath bin sodden white paper, and afterward quenched many hot yrons or gads of Steele, is exceeding good for the same intent to drinke.

And here is to be noted, that a naturall flure is never to be feared above the seauenth day, and except there issue bloud, it ought not to be stopped above the said time.

Pouder of the herbe called knotgrasse, or the iice therof in a posset dronken, or a plaister of the same herb, and of bursa postoris,

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storis, Bole armonie, and the juice of plantaine with a little vi-
neger, and wheat floure is exceeding good for the same cause.

Also the rindle malwe of a young sucking Kid given to the
childe, the weight of tenne graines, with the yolk of an egge
soft rostted, and let the pacient abstaine from milke by the space
of two houres before and after, insteade wherof ye may gyue a
rostted quince or a warden with a litle suger & cinammon to eat.

Item an other goodly receipt for the same intent.

Take Sorell seede, and the kernels of great reasons dry-
ed, acorne cups, & the seeds of white Poppy, of ech two drams,
saffron a good quantity, make them in pouder and temper the
with the juice of quincies, or sirrup of red Roses, this is a sou-
raigne thing in all flures of the wombe.

Many other things are written of authoress in the sayde di-
sease, which I here leauue out for brevity: and also because the
afore rehersed medicines are sufficient enough in a case cura-
ble, yet will I not omit a goodly practise in the saide cure.

The peissill of an hart or a stagge dried in pouder and dron-
ken, is of great and wonderfull effect in stopping a flur: which
thing also is aproued in the liuer of a beast called in english an
Otter. The stones of him dronken in pouder a little at once
xx. daies togeather, hath healed men for euer of the falling c-
uill.

Of stopping of the belly.

Even as a flur is dangerous, so is stopping and hardnes of
the belly grieuous and noysome to the childe, and is often
cause of the cholike and other diseases.

Wherefore in this case ye must alway put a lyttle honie in
the childe's meate: and let the nurse giue him honie to sucke v-
pon her finger, and if this will not helpe, then the next is to
mire a litle fine and cleare turpentine with honie, and so to
resolute it in a saucer, and let the childe sup of it a litle.

This medicine is described of Paulus Aegineta, and recited
of diuers other as a thing very holesome and agreeing to the
nature of the childe: for it doth not onely loosen the belly, with-
out griefe or daunger, but dooth also purge the liuer and the

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lunges, with the spleene and kidneyes, generally comforting all the spiritual members of the body.

The gal of an Ore or a Cowe laid vpon a cloufe on the nayll, causeth a childe to be loose bellied, likewise an emplaister of a rosted Onion, the gall of an ore, and batter laide vpon the belly as hot as he may suffer. If these will not helpe, yee shall take a little cotten, and dipped in the saide gall, put it in the saide fundament.

Of wormes.

There bee diuers kindes of wormes in the belly, as long, short, round, flat and some small as lyce, they be al engendred of a crude, grosse, or phlegmatike matter, and never of choler nor of melancholie, for al bitter things killeth them, and all sweete meates that engender sleums, nourisheth and feedeth the same. The signes differ according to the wormes. For in the long and round, the patient commonly hath a dry cough paine in the belly about the guts, sometime vering and trembling in the night and start suddenly and fall asleepe againe, otherwhiles they gnash and grinde their feeth together, the eies ware hollow with an eager looke, and haue great delight in slumbering and silence, very loth when they are awaked. The pulse is uncertayne, and never at one stay, sometime a feuer with great cold in the ioints, which endureth three or four hours in the night or day, many haue small desire to meate, and when they desire they eate very greedily, whiche if they lacke at their appetite, they forsake it a great while after, the whole body consumeth and wareth lene, the face pale or blaw: sometime a sur, sometimes vomit, & in some the belly is swollen as selle as a taberet. The long and broade wormes are knownen by these signes, that is to say, yellownes or whitishnes of the eies, intollerable hunger, great gnawing and gryping in the belly, specially afore meat, water conming out at the mouth, or at the fundament, continual itch and rubbing of the nosehilles, sonken eies and a stinking breath, also when the person doth his easement there appeareth in the dung little flat substance, much like the seeds of cucumers and gourds.

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The other leſſe ſorte are ingendred in the great gulfie, and may well bee knowne by the creeding itch in the fundament within, and are oftentimes ſcene conuining out with the excrements. They be called of phisitions ſcarides.

Remedie for wormes in children.

The hearbe that is found growing vpon oysters by the ſeaſide, is a ſinguler remedy to deſtroy woormes, and is called therefore of the Greeks, Scolitaborani, that is to ſay, the herbe that killeth woormes: it muſt bee made in pouder, and giuen with ſweete milke to the childe to drinke. The Phisitions call the ſame hearbe Corallino.

A ſinguler receit for to kill wormes.

Take the gall of a bull or ore, newly killed, and ſtampe in it a handfull of cummin, make a plaifter of it, and lay it ouer all the belly, removing the ſame euery ſix houres.

Item the gall of a bull with ſeedes of Colocinthis, called coloquintida of the apothecaries, and an handful of baiberies well made togeather in a plaifter, with a ſpoonefull of ſtrong vineger, is of great eſſeſte in the ſame caſe.

If the childe be of age or of ſtrong complexion, ye may make a ſewe pilles of aloes, and the pouder of wormesæde, then winde them in a piece of a ſinging loſe, and annoiſt them ouer with a little butter and let them be ſwallowed downe whole without chewing.

Of ſwelling of the nauill.

If a childe lately borne, and tender, ſometime by culſing of the nauill too nere, or at an inconvenient ſeafon, ſometime by ſwadling or binding amisse, or of much crying, or coughing it happeneth otherwhiles that the nauill arifeth and ſwelleth with great pain, a poftumatiō the remedy wherof is not much diſference from the cure of blēſſes, ſauing in this that ye ought to applic thinges of leſſe attraction, then in other kinde of blēſſes, as for an example ye may makſ an ointment vnder this forme.

Take Spike or Lauender, haſle an ounce, make it in pouder, and with iii. ounces of fine and cleare turpentine, temper it

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in an ointment, adding a portion of oyle of sweete almondes. But if it come of crying, take a little bean floure, and the ashes of fine linnen cloutes brenet, and temper it with red wine and honde, and lay it to the soze.

A plaister for swelling in the nauill.

Take cowes dung, and drye it in powder, barley floure, and beane floure, of ech a portion, the iuice of knotgrasse a good quantitie, curamin a little, make a plaister of all and set it to the nauill.

An other.

Take cowes dung and saeth it in the milk of the same cow, and lay it on the griefe. This is also marueilous effectuall, to helpe a sodaine ach or swelling in the legges.

Of the stone in children.

The tender age of children as I saide afore, is vexed and assafluxed with many grieuous and perillous diseases: among whom there is fewe or none so violent or more to be feared in them, then that which is most feared in al kinde of ages, that is to say, the stone, an huge and pittifull disease, euer the more encreasing in daies, the moare rebelling to the cure of phisick.

Therefore is it exceeding daungerous when it falleth in children, forasmuch as neither the bodies of them may well be purged of the matter antecedent called humor Peccans, nor yet can abide any violent medicine having power to breake it, by reason whereof the saide disease acquireth such a strength aboue nature, that in processe of time it is utterly incurable.

Yet in the beginning it is healed thus oftentimes.

First let the nurse be well dieted, or the childe, if it be of age, abstaining from all grosse meats, and harde of digestion, as is beefe, bacon, salt meates and cheese, then make a powder of the rootes of piony dried, and mingle it with as much hony as shall be sufficient, or if the childe abhorre hony, make it vp with suger, molten a little upon the coales, and giue thereof vnto the childe more or lesse, according to the strenght, twise a day, till ye see the vaine passe easilly, ye may also giue it in a rere egge, for without doubt it is a singuler remedy in children.

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An ointment for the same.

Dyle of Scorpions, if it may be gotten, is exceeding good to anoint with, all the members and the neither part of the belly right against the bladder, ye may haue it at the Apotecaries.

A singuler bath for the same intent.

Lake mallowes, halibock, Lilly rootes, Linsede, and Pariesary of the wall, seeth them all in the broth of a sheeves heade, and therin use to bath the child oftentimes, for it shal open the straitnes of the conoits, that the Urne may issue, swage the paine, and bring out the gruell with the Urine, but in more effect when a plaster is made, as shall be said hereafter, and laid vpon the reines and the belly, immediatly after the bathing.

A plaster for the stone.

Lake Pariesary of the wall, one portion & stampe it, vpon another portion, and grinde it, then fry them both in a panne, with a good quanlity of fresh butter, and as hot as may bee suffered, lay it to the belly and the backe, and from fourre houres to fourre, let it be renewed.

This is a soueraine medicine in all manner ages. Item an other powder which is made thus.

Lake the kernels or stones that are found in the fruite, called Openers or mespiles, or of some medlars.

Make them in fine powder, which is wondersall good for to breake the stone without daunger, both in yong and old.

The Chestwormes dryed and made in fine powder, taken with the broth of a chicken, or a little suger, helpeth them that cannot make their urine.

Of pissing in the bed.

Many times of debility of vertue retentive of the reines or bladder as wel old men as children, are oftentimes annoyed, when their urine issueth out either in their sleep or waking, against their wil, having no power to retaine it when it commeth, therfore if they will be holpen, first they must avoid al fat meats, til the vertue retentiuze be restored againe, and to vs this powder in their meates and drinke.

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Take the wesan of a cocke, and pluck it, then bren it in powder, use of it twise or thrise a day. The stones of an Hedghogge poudred is of the same vertue.

Item the clawes of a goate, made in powder dronken, or eaten in pottage.

If the pacient be of age, it is good to make fine plates of lead, with holes in them, and let them lie often to the naked back.

Of brusting.

The causes of it in a child are many, for it may come of very light occasions, as of great crying, & stopping þ breath, binding to straight or by a fall, or of too greate rocking, & such like, may cause the slime that spredeth ouer the belly, to break or to slake, and so the guts fall downe into the cod, which if it be not vitterle vncurable, may be healed after this sort.

First lay the pacient so vpon his back that his head may be lower then his heeles, then take and reduce the bowels with your hand into the due place, afterward ye shall make a plaster to be layd vpon the cods and bound with a lace rounde about the backe, after this fourme.

Take resin, frankensence, mastike, cummin, lynesede, and Anise sède, of euery one alike, powder of Osmond rootes, that is to say, of the brude fernie, the fourth part of all, make a plastrer with sufficient oyle Oline, & fresh swines gres & spred it on a lether, and let it continue (except a great necessity) two or thre weakes, after that apply another like, til ye see amendment. In this case it is very good to make a powder of the haire of an Hare and to temper it with suger or conseruaroises, and giue it to the child twise every day. If it be about the age of viii. yeare, ye may make a singuler receipt in drinke to bee taken e-very day twise, thus:

A drinke for one that is brusten.

Take Matte len, daisies, Confery, & Osmondes, of euery one like, scith them in the water of a smiths forge, to the iii. part, in a vessel couered, on a soft fire, the straine it & gine to drink of it a god draught at once morning & euening, adding cuermore in his meats & drynks, þ powder of the hair of an hare, being dyed.

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Offalling of the fundament.

Many times it happeneth that the gut called of the lassies Rectum intestinum, falleth out at the fundament & can not be gotten in againe without paine & labour, which disease is a common thing in childre coning oftentimes of a sodain cold or a long laxe, and may well be cured by these subscribed medicines.

If the gut hath bene long out, & be so swollen that it cannot be repos'd, or by coldnes of the aire be congeled, the best counsell is to let the child sit on a hot bath, made of the decoction of mallows, holthocke, Linseed, & the rootes of Lillies, wherein ye shal bath the fundament with a soft clout, or sponge, & when the place is suppled, thrust it in againe, which done then make a pouder thus:

A pouder for falling of the Fundament.

Take the pouder of an Harts horn bzent, the cups of acorns dryed, rose leavens dryed, Goates clawes bzent, the rinde of a Pomgranate, and of galles, of euery one a portion. Make the in pouder, and strew it on the fundament. It shalbe the better, if ye put a littl on the gut, afore it be repos'd in the place, and after it be setteld, to put more of it vpon the fundament, then binde it in with hot linnen clothes, and giue the child Quinces or a rosted Warden, to eate with Cinamon and suger.

An other good pouder for the same.

Take galles, mirre, frankensence, mastike and aloes, of every one a little, make them in pouder & strew it on the place. A little Tar with goose grese, is also very good in this case.

An other good remedy.

Take the wooll from between the legs or of the necks of a sheep, which is full of sweate & fatty, then make a iuce of vnset lasses, and dip the wooll in it, and lay it to the place as hot as may be suffered, and when it wareth cold, remoue it and apply an other hot, this is a very good remedy for falling of the fundament.

If the child prouoke many times to seege, and can expel nothing, that disease is called of the Greekes Tenesnios, for the

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which it shalbe very good to apply a plaister made of Gardein Cressis and of cummin inlike quantity, fry them in butter and lay it on the belly as hot as he may suffer.

It is also commended, to sume the neyther parts with Turpentine & pitch, and to sit long vpon a boord of Cedar or Juniper as may be possible.

Chafing of the skinne.

In the flankes, armeholes, and vnder the eares, it chauueceth often times that the skin fretteth, either by the childe's owne brine, or for the default of washing, or els by wrapping & keeping too hot. Therefore in the beginning, ye shal anoint the places with fresh capons grease, then if it wil not heale, make an ointment, and lay it on the place.

An ointment for chafing and galling.

Take the roote of Flouredeluce dried, of red roses dryed, Galingale, and Pastike, of ech a like quantity, beate them into most subtile pouder: the with oile of roses, or of lynesede, make a soft ointment.

Item the lungs of a Weather dryed, and make in very fine pouder, healeth al chafings of the skin, and in like manner the fragments of shomakers lether brent, & cast vpon the place, is as fine pouder as is possible, hath the same effect, which thing is also good for the galling or chafing of the feete, of whatsoeuer cause it commeth.

Item beane floure, barley floure, & the floure of bitches tempered with a litie oile of roses, maketh a souerain ointment for the same intent.

If the chafings be great, it is good to make a bath of Hollocke, dil, violets, & Lynesede, with a litle bran, then to washe the same places oftentimes, and lay vpon the soze, some of the same things. The decoction of Plantain, Bursa pastoris, horse-taile and knotgrasse, is exceeding good to heale all chafings of the skin.

Of small Poxes and Measels.

This disease is common & familiar, called of the Greeks by the general name of Exanthemata & of Plini, papule et pituite eruptions,

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ruptiones, notwithstanding the consent of writers, hath obtained a distinction of it in ii. kindes: that is to say, varioli the measles, and Morbilli called of vs the small por. They be both of one nature, and procede of one cause, sauing that the measles are engendred of the inflammation of bloud, and the small por of the inflammation of bloud mingled with choler.

The signes of them both are so manifest to sight, that they neede no farther declaration, for at the first, some haue an itch and a fretting of the skinne, as if it had beeene rubbed with needles, payne in the head and in the backe, the face red in colour and flecked, scare in the sleepe, great thirst, rednes of the eies, beating in the temples, shooting and pricking through all the body, then anon after when they breake out, they bee sene of diuers fashions or formes, sometimes as it were a dry scabbe or a lepzy spreading ouer all the members, otherwhiles in poushes pimples & wheals, running with much corruption and matter, and with great paine of the face and throte, driness of the tongue, hoarsenes of voice, and in some quivering of the hart with swoyning. The causes of these euill affections, are rehersed of authoress, to be chiefly iii. First of the superfluities which might be corrupt in the wombe of the mother, the childe there being, and receiving the same into the pores, the which at the time for debility of nature, could not be expelled, but the childe encreasing afterward in strength, bee driven out of the veines into the upper skinne. Secondarily it may come of a corrupt generation, that is to say, when it was engendred in an ill season, the mother being sicke of her naturall infirmitie, for such as are begotten that time, very seldom escape the disease of lepzy.

The third cause may bee an euill diet of the nurse or of the childe it selfe, when they feede vpon meats that increase rotten humours, as milk and fish, both at one meals, likewise excesse of eating, drinking, and surfeit.

Fourthly this desease cometh by the way of contagion, when a sicke person infecteth an other, and in that case it hath great affinitie with the pestilence.

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Remedy.

The best and most sure helpe in this case, is not to meddle with any kinde of medicines but to let nature woske her operation, notwithstanding if they be too slowe in comming out, it shalbe good for you to giue the childe to drinke sodden milke and saffron, and so keepe him close and warme, whereby they may the sooner issue forth, but in no case to administer anye thing that might either repreesse the swelling of the skin or to coole the heat that is within the members. For if this disease which shoulde be expelled by a naturall action of the body, to the long health afterward of the pacient, wherby force of medicime couched in againe it were euē enough to destroy the Chylde. Therefore abide the full breaking out of the saide wheales, and then (if they bee not ripe,) ease the childes paine by making a bath of hollihock, billy, camomill, and fenell, if they be ripe and matter, then take fenell, wormewood and sage, and seeth them in water to the third parte, wherein ye may bathe him with a fine cloth or a sponge. Alwaies prouided that he takes no colde during the time of his sicknes. The wine wherein figs haue beeene sod, is singuler good in the same case, and may well bee vsed in all times and causes. If the wheales be outragious and great, with much coruption and venom, some make a decoction of roses and plantaine in the water of oke, and dissolve in it a little english honie and Camphore. The decoction of water betony, is approued good in the saide diseases. Likewise the ointment of herbes whereof I made mention in the cure of scabs, is exceeding holesome after the sores are ripe. Moreouer it is good to drop in the pacients eies, fiftie or sixe times a day a little rose or fenell water, to comfort the sight, least it be hurt by continuall running of matter. This water must bee ministered in the sommer colde, and in the winter ye ought to apply it luke warme. The same rose water is also good to gargle in his mouth, if the childe be then pained in the throte. And least the conduits of the nose shoulde be stopped, it shall bee expedient to let him smel often to a sponge wet in the iuice of sauery, strong vineger and a little rose water.

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To take away the spots and scarres of the small pox & measles.

The bloud of a bul or of an hare is much commended of au-
thors to be anointed hot upon the scarres, and also the licour
that ISSUETH out of sheepe's clawes or goats clawes, heat in the
fire. Item the dripping of a signet or swan laid upon the places
occidentines hot.

If the feuer vse to take the childe with a great shaking, and
Iaſterward hot, whether it be quotidian or tertian, it shall bee
Anguler good to gine it in drinke, the blacke seedes of Pyonic
made in fine pouder, searced and mingled with a little suger.
Also take plantaine, fetherfewe, and veruein, and bathe the
childe in it once or twice a day, binding to the pulces of the
hands and feete a plaſſter of the ſame herbes ſtamped, and p:o:
make the childe to sweat afore the fit cometh. Some giue coun-
ſell in a hot feuer, to apply a cold plaſſter to the brest made in
this wiſe. Take the iuice of wormewood, plantaine, mallowes
and houſekee, and temper in them as much barley flower, as
ſhall bee ſufficient, and vſe it. By thus and more better in a
weake pacient. Take dry roses and pouder them, then temper
the pouder with the iuice of endive or parclane, roſe water,
and barley floure and make a plaſſter to the ſtomach. Item an
ointment for his temples, armes and legges, made of oyle of
roſes, and populeon, of ech like much.

A good medicine for the ague in children.

Take plantaine with the roote, and wash it, then ſet it
in faire running water to the thirde part, whereof ye ſhal giue
it a draught (if it be of age to drinke) with ſufficient ſuger, and
lay the ſodden herbes as hot as may beeuffered, to the pulses
of the handes and feete. This muſt be done a little afore the fit,
and after ward couer it with clothes.

The oile of nettles, whereof I ſpake in the title of ſtriftneſſe
of lymmes, is exceeding good to annoiath the members in a cold
shaking ague.

Of swelling of the coddes.

To remoue the ſwelling of the cods proceeding of ventosi-
ty, or of any other cauſe, (except bruiting) whither it be w-

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inflammatiōn or without, here shall be rehearsed many good remedies, of which ye may my use, according to the qualitie and quantitie of the grieſe: alwaſy provided, that in this disease, ye may in no case apply any repercutiues, that is to ſay, ſet no cold heards to drine the matter back, for it woule then returne againe into the bodie, and the congeſation of ſuch a ſinowye member woule peraduenture mortifie the whole. And above all ye may ſet no plaſter to the ſtones, wherein hamlock entreth, for it will deprive them for euer of their growing, and not onely them but the ſuckles of weches, when they bee annoyned therewith, by a certayne qualitie, or rather an evill proprieſte being in it.

A goodly plaſter for ſwelling of the ſtones.

Take a quart of god ale wort, and ſet it on the fire to ſieþ, with the crummes of browne breade ſtrongly leuened, and a handfull of cummin or more in pouder, make a plaſter with all this, and ſufficient beane floure, and apply it to the grieſe, as hot as may be ſuffered.

Another.

Take Colvers dung, and ſeeþ it in milk, then make a plaſter and lay it mately hot upon the ſwelling.

Another.

Take cummin, anisede, and ſenigreeke, of ech a like portion, ſeeþ them in ale and ſtampe them, then temper them with fresh may butter, or a little oyle olive, and apply it to the ſoþe.

Another.

Take camomill, hollibock, Linsede, and ſenigreeke ſeeþ them in water, and grinds altogether, then make a plaſter with a handfull of beane floure, and vſe it.

An other in the beginning of the grieſe.

If there be much inflammatiōn or heat in the bodie, ye may make an ointment of plantaine, the white and yolkē of an egge, and a portion of oile of roses, mirre them wel about, and apply it to the grieſe twise or thrise a day. When the paine is intollerable, and the childe of age, or of ſtrong complexion, ye

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if the premisses wil not help, ye shal make a plaister after this sort.
Take henbane leaues, an handful and an half, Mallow leaues, an handful, seeth them wel in cleare water, then tampe the & stir the, & with a little of the broth, beane flour, barley flour, oyle of roses & camomil sufficient, make it vp and set on the swelling, luke warm. Henbane auicen saith: is exceeding good to reselue y hardness of the stones by a secret quality. Notwithstanding, if it come of wind it shalbe better to vse the said plaisters y are made with cummin, for that is of a singuler operation in dissolving wind, as affirmeth Dioscorides writing of the qualities of cummin.

Of facer ignis or changles.

In Græke herisipelas, & of the Latines Sacer ignis our englishe women cal it the syre of saint Anthony, or chingles, it is an inflammation of mebers with exceeding burning & redness, harde in the feeling & for the most part creepeth about the skin or, but a little deep within the flesh. It is a grieuous pain & may be liknes to the fire in consuming. Wherfore the remedies that are good for burning, are also very wholsome here in this case. And first y greene ointment of herbs described in the chapter of itch, is of good effect also in this curse: mozeouer the medicines that are here described: Take at the Apotecaries of vnguentū galeni an ounce & an half, oyl of roses two ounces, vnguenti populeon un ounce, the iuce of Plantain and nightshade one ounce or more, the whites of thre eggs, beat them altogether, and ye shall haue a good ointment for the same purpose.

An other.

Take earth worms & stamp them in vineger, then anoint the griefe euerie two hours. Itē the donge of a swan, or in lacke of it the donge of a goose stamped with the white & yolk of an eg is good. Itē doves dung stamped in salt, oyl or other, is a singuler remedy for the same purpose.

Of burning & scalding.

For burning and scalding whether it be with fire, water, oyle, lead, pitch, lime, or any such infortune: ye must beware ye sette no repercussion at the first, that is to say, no medicine of extremes cold, for that might chaunce to draine the fervent heate into the sinewes, & so stop the pores, that it could not issue, wherof should hap-

The booke.

pen much incominenice in a great burning (but in smal it could not be so dangerous) wherefore the best is when ye see a member either brent or scalded, as is said a sore: Take a good quantity of bryne which is made of water and salt, not too exceeding either or strong, but of a mean sharynes, & with a clout or a spung bath the mēber ia it cold, or at the least bloud warm, iii. or iiiii. hours togerher, the longer the better: for it shal asswage much of the pain, open the pores, cause also the fire to vapour, & giue a great comfort to the weak mēber. Then anoint the place with one of these medicines. Take oile of roses one part, sweet creme two parts, hony halfe a part, make an ointment & vse it. Item al the medicine deſcribed in the last chapter, are of great effect in this case, likewise the grēen ointment made of water betony. Item a soueraine me- dicine for burning & scalding, and all vnkind heats, is thus made. Take a dozen or more of hard roſted egs, & put the yolks in a pot on the fire by the ſelf, without licour, Stir them & bray them with a ſtrong hand, til there arife as it were a froth or ſpume of oyle to the mouth of the vſſel, then preſſe the yolkes & reſerue the licour, this is called oyl of egs: a very precious thing in the ſore ſaid cure. Moreouer there is an ointment made of ſheeps dung fried in oyle or in ſwines greſe, the put to a little ware & vſe it. Also take quick lime & wash it in veriuice ix. or x. times, then mingle it with oyle, and keepe it for the ſame intent. Item the iuce of the leaues of Lilies v. parts, & vinger one part, hony a little maketh an ercellent medicin, not only for this intent, but for al other kind of hot & running ulcers. Note that whatſoever ye vſe in this case, it muſt be ſated unto bloud warm. Also for avoiding of a ſcar keepe the ſore alway moist with medicine.

Of kibes.

The kibes of the heeles, are called in Latin perniones: they pro- ceede colde, & are healed with the ſubſcribed remedies. A raps root roſted with a little fresh butter, is good for the ſame griefe. Item a dozen of Figs, ſodden & ſtamped with a little geſe greſe, is good. Earth worms ſodde in oyle, hath the ſame effect. Item the ſkin of a mouse clapped all hot upon the kibe: with the haire outward, and it ſhould not be remoued during three daies.

A plaſter for a kibed heele.

Take new butter, oyl of roses, hens greſe, of ech an ouce, put the butter

Of Children.

butter & þ grease in a big rapse root, or in lack of it, in a great apple
or onion, & when it is rosted soft, bray it wþ the oyl, & lay it plaister
wise vpon the kibe.

An other.

Take the meate of apples and rapes rosted on the coales, of
euch 3.ounces, fresh butter 2.ounces, ducks greace or swans grece,
an ounce stamp them all in a morter of lead if it may bee had, o;
els grinde them on a faire marble and vse it.

Of consumption or leanesse.

VV Den a childe consumeth or wareth leane without any
cause apparant, there is a bath commended of authoress,
to wash the childe many times, and is made thus. Take the head
and feet of a Wletaher, seeth them till the bones fal asunder, vse to
bath the childe in this licour, & after annoint him with this oint-
ment following. Take butter without salt, oile of roses and of vi-
olets, ezech an eunce, the fat of raw porke, halse an ounce, ware a
quartern of an eunce, make an ointment, wherewith the childe
must be rubbed euerie day twise, this with good feeding shall en-
crease his strenght by the grace of God.

Of goggle eies.

This impediment is nener healed but in a very yong child, e-
ue at the beginning, wherunto there is appointed no maner kind
of medicine, but only an order of keeping, that is to say, to lay the
childe so in his cradel, that he may behold direct against the light, &
not to turne his eies on either of both sides. If yet he begin to go-
gle, then set the cradell after such a form, that the light may be on
the contrary side: that is, from the same side from whence he tur-
neth his eies, so that for desire of light he may direct thē to þ same
part, & so by custome bring thē to the due fashyon, & in the night ther
ought to be a candel set in likewise to cause him to behold vpon it,
and remoue his eies from the euil custome. Also green clothes, yel-
lowe, purple, are very good in this case to bee set, as is saide afore.
Furthermore a coife or a biggin standing out besydes his eies, to
constraine the sight to behold direct for ward.

Of Lice.

Somtime not only children but also other ages, are annoed with
lice, they proced of corrupt humor, & are engēdred wþin þ skin,
creeping out aline through þ pores, which if they begin to swarm
in exceeding number, that disease is called of the Greeks Phthi-

The booke.

riasis whereof Herode died, as is written in the actes of Apostles: and among the Romaines Scilla. which was a great tirant and many other haue beene eaten of lice to death, which thing, when it happeneth of the plague of God, it is pase remedy, but if it proceedeth of a naturall cause, yes may well cure it by the meanes following. First let the pacient abstaine from all kinde of corrupt meates, or that b̄odes fleume, and among other, Figges, and Dates must in this case be utterly abhorred. Then make a lana-
tozy to wash and scour the body twise a day, thus: Take water
of the sea, or els brine, and strong lye of ashes, of ech a like porti-
on, wormewood a handfull, leest them a while, and after washe
the bodie with the same licour.

A goodly medicine for to kill lyce.

Take the groundes or dr̄egs of oyle, aloes, wormewood, and
the gall of a bull, or of an ore, make an ointment which is singu-
ler good for the same purpose.

An other.

Take mustard, and dissolve it in vineger, with a little saltpe-
ter, and annoynct the places, where as the lice are wont to b̄ede.

Item an herbe at the apothecaries called Stauesacre, b̄imstone
and vineger, is exceeding good. It is good to give the pacient often
in his dr̄ink, powder of an harts horne brent. Stauesacre with oyle
is a marueilous holesome thing in this case.

An expert medcine to drive away lyce.

Take the grounds or dr̄egs of oyle, or in lacke of it, fresh swines
greace, a sufficient quantitie, wherein ye shall chasse an ounce of
quicksiluer till it be all sonken into the greace, then take powder
of Stauesacre serced, and mingle altogether, make a girdle of a
wollen list mette for the midle of the pacient, and all to annoynct
it ouer with the saide medicine, then let him were it continuallye
next his skin, for it is a singuler remedie to chasse away þ vermin.
The only odour of quicksiluer killeth lice. These shalbe sufficient
to declare at this time in this little treatise of the cure of children,
which if I may know to be thankfully received, I will by Gods
grace supply moze hereafter; neither desire I any longer to liue,

then I will employ my studys to the honour of God
and profit of the weale publike.

Finis.

The

The contents of the Regiment of life.

- Of diseases and remedies of the head.
Paine comming of choler.
Paine caused of fleume.
Paine caused of melancholie.
Regiment for all headach.
Remedy for headach, of all causes.
Of diseases in the face.
To pallifie a face incurable.
For redusse of the face.
For cankers, vlcers, and Noli me tangere.
For wormes in the face.
A purgation for the same.
Diet, for the same sicknesse.
For the eies, and to quicken the sight.
For paine in the eies.
For bloudshotten eies.
For swelling of the eies.
For sore eies.
For great paine in the eies.
For rednes in the eies.
For hardnes in the eies.
For all rednes of eies.
To drye the eies.
For webbes in the eies.
Regiment for diseases in the eies.
For infirmities in the eares.
For stinking of the nose.
For nosebleeding.
Remedy for toothach.
To make teeth white.
Remedies for diseases in the breast.
For a hoarce voice.
For the cough.

The Table, containinge all

For shortnes of wind.

For Asthma.

An ointment for the breath.

Regiment for the same.

Remedies for phisick.

For the pluresie.

For diseases in the ribbes.

Weakenesse of the hart, and the cure.

Downing.

For diseases of the stomack.

For weakenes thereof.

For abhorring of meate.

For belching.

For windinesse thereof.

For the hicket.

Regiment for the hicket.

For vomiting.

To comfort the stomack.

Paine in the stomack.

Remedies for diseases of the liver.

A singular purgation for choler.

Other medicines laxative.

For heat in the liver.

For stopping of the liver.

Remedy for diseases of the gall.

For Jaundies.

For diseases in the spleene.

A goodly purgation for melancholie.

For the blacke Jaundies.

For all opilations.

Diseases of the bowels.

For cholike and Iliaca passio.

For the windie cholike.

A suppositorie.

A purgation for cholike of slemme.

A glister for all cholike.

Paine

The Table.

- Paine of the reines, and remedy. A
Dyet for colicke and paine of the reines. A
Flures of the belly. A
Remedy for the flux Lienteria, A
For the flux Diarthea and other. A
Lectuaries for the flure. A
For flux of all causes. A
Diseases of the Matrice. A
To staunch the flux of women. A
For strangling of the Matrice. A
For all paines of the mother. A
Of the stone in the reines and bladder, with the perfecte cure and
Dyet for the same. A
Of the goute, with the causes and remedies. A

FINIS.

The contents of the Treatise of the

Pestilence.

In the first part.

- A Preface of the Authour.
A What is signified of the word Pestilence.
The first roote or cause superior of the Pestilence.
The second roote superior.
The third roote inferior.
The fourth roote or cause inferiour.
Of election of the ayre,
Of eating and drinking.
Of sleeping and waking. *V. V. V.*
Of exercise.
Of emptines and fulnes.
Of accidents of the minde.
Of medicines preseruatiues.
A drinke for the pestilence.

The Table.

- A good preservative for the common people.
A pouder for the same.
An other singuler remedy for riche men.
An other soueraine and goodly receit both preservative and curative.
Of sweet watters.
Perfumes against the pestilence.
Pomaunders for pestilence.

In the second part.

- How to know a person infected.
Of the cure of pestilence by the way of diet.
Of the cure of pestilence by the way of medicines.
A receit against the pestilence.
Monardus medicine.
A lectuary of great vertue.
An other medicine liquide.
Of letting bloud, ventoses, and purgations.
Of application of outward medicines.
A plaster to ripe a botch comming of the pestilence.
An other for the same.
The vse of surgery for him that hath no botch.
Of the cure of Carbuncles and Anthrax.
A good defensiu.
A declaration of the vtilitie of veines commonly to be let bloud
in the body of man.

F f N f S.

